

# Curried Lentil, Tomato and Coconut Soup

TOTAL TIME 40 minutes

YIELD 4 servings

## Ingredients

2 Tbsp. virgin coconut oil or extra-virgin olive oil  
1 medium onion, finely chopped  
2 garlic cloves, finely chopped  
1 (2½") piece fresh ginger, peeled, finely grated  
1 Tbsp. curry powder (such as S&B)  
¼ tsp. crushed red pepper flakes  
¾ cup red lentils  
1 (14.5-oz.) can crushed tomatoes  
½ cup finely chopped cilantro, plus leaves with tender stems for serving  
Kosher salt and freshly ground black pepper  
1 (13.5-oz.) can unsweetened coconut milk, shaken well  
Lime wedges (for serving)

## Preparation

Warm 2 Tbsp. virgin coconut oil or extra-virgin olive oil in a medium saucepan on the stovetop over medium heat. Cook 1 medium onion, finely chopped, stirring often, until softened and golden brown, 8–10 minutes. Add 2 garlic cloves, finely chopped, one 2½" piece fresh ginger, peeled, finely grated, 1 Tbsp. curry powder, and ¼ tsp. crushed red pepper flakes and cook, stirring, until fragrant, about 2 minutes.

Add lentils and cook, stirring, 1 minute. Add one 14.5-oz. can crushed tomatoes, ½ cup finely chopped cilantro, a generous pinch of kosher salt, and 2½ cups water; season with freshly ground black pepper.

Set aside ¼ cup liquid from one 13.5-oz. can unsweetened coconut milk for serving; add remaining coconut milk to saucepan. Bring mixture to a boil, then reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20–25 minutes.

Season soup with more salt and pepper if needed.

To serve, ladle soup into bowls. Drizzle with reserved coconut milk and garnish with more cilantro. Serve with lime wedges.

Do Ahead: Soup (without toppings) can be made 3 days ahead.

Let cool; store in an airtight container and chill.

Reheat over medium heat until simmering.

Source: <https://www.bonappetit.com/recipe/curried-lentil-tomato-and-coconut-soup>