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Prevent and Protect
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CURRIED RED LENTIL SOUP WITH DRIED CHERRIES AND CILANTRO

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Serves 4

- 2 tablespoons safflower oil
- 3 tablespoons finely chopped peeled ginger (from a 2-inch piece)
- 6 garlic cloves, finely chopped (2 tablespoons)
- 1 large shallot, finely chopped (4 tablespoons)
- 2 carrots, finely diced (about 1 cup)
- 2 teaspoons curry powder
- Coarse salt
- $\frac{3}{4}$ cup unsweetened coconut milk
- 1 cup red lentils
- $\frac{1}{2}$ cup chopped dried cherries
- 3 tablespoons finely chopped cilantro stems, plus 3 tablespoons cilantro leaves for garnish

- Heat oil in a medium saucepan over medium heat. Add ginger, garlic, shallot, and carrots, and cook, stirring often, until softened, about 7 minutes. Add curry powder, and cook, stirring until fragrant, about 1 minute.
- Add $1\frac{1}{4}$ teaspoons salt, $\frac{1}{2}$ cup coconut milk, 4 cups water, and the lentils, and bring to a boil. Reduce heat, cover, and simmer until lentils and carrots are tender, 8-10 minutes. Pour 2 cups soup through a fine sieve into a bowl, reserving solids. Puree strained liquid with remaining soup in a blender until smooth. Reheat after blending. Stir in reserved solids.
- Reserving some for garnish, stir cherries and cilantro stems into soup, and ladle into bowls. Swirl in remaining $\frac{1}{4}$ cup coconut milk, and garnish with cherries and cilantro leaves.