Red Lentil and Carrot Soup with Coconut, courtesy of Dr. Kathy VanZeyl, ND

· 1tbsp olive or coconut oil
· 2 onions, finely chopped
· 4 cloves garlic, minced
· 2 tsp turmeric (or curry powder)
· 2 tsp cumin
· 1 tsp sea salt
· ½ tsp cracked black peppercorns
· 1 can (28 oz./796mL) tomatoes, including juice
· 2 large carrots, peeled, cut in half lengthwise and thinly sliced
· 2 cups red lentils, rinsed
· 1 tbsp freshly squeezed lemon juice
· 6 cups chicken stock
· 1 can (14 oz./398mL) coconut milk
· Finely chopped cilantro (optional)

1. In a large skillet, heat oil over medium heat for 30 seconds. Add onions and cook, stirring, until softened (about 3 minutes). Add garlic, turmeric/curry, cumin, sea salt and peppercorns and cook, stirring for 1 minute. Add tomatoes with juice and bring to a boil, breaking up with the back of a spoon. Transfer to slow-cooker.
2. Stir in carrots, lentils, lemon juice and stock. Cover and cook on low for 8 hours or high for 4 hours, until lentils are tender. Stir in coconut milk and cook on high for 20-30 minutes, until heated through.
3. When ready spoon into bowls and top with chopped cilantro.