



Red Lentil Soup

2 Tbsp. coconut oil
1 large onion, chopped (2 cups)
3 medium carrots, peeled and chopped
4 cups water
1 can (14 oz) coconut milk
1 cup red lentils
3 cloves garlic, chopped
1 bay leaf
2 tsp. salt
¼ tsp. ground ginger
1 Tbsp curry powder
½ cup chopped cilantro

Heat coconut oil in a large saucepan over medium heat. Add onions and carrots and cook, stirring frequently, until vegetables start to brown, about 10 minutes. Add 4 cups water, coconut milk, lentils, garlic, bay leaf, salt, ginger, and curry powder. Cover, and bring to a boil. Reduce heat, and simmer, partially covered for 35 to 40 minutes or until lentils are tender, stirring occasionally. Add cilantro and cook 3 additional minutes. Remove bay leaf and discard. Puree soup in batches in blender until velvety smooth. Serve hot. *Compliments of Dr. Bruce Fife, N.D.*

South Pacific Trading Company
Life is short. Drink it in.



15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523
Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ www.SouthPacificTrading.com