



CURRIED RED LENTIL SOUP

No better soup flavour and no better soup colour.

INGREDIENTS

- 150ml sunflower oil
- 200g brown onions, chopped
- 40g fresh ginger, grated
- 6 garlic cloves, grated
- 30g mild curry powder
- 350g red lentils
- 1 x 400g tin chopped tomatoes
- 2 x 400g coconut milk
- 2lt vegetable stock (4 stock cubes)
- 500ml milk
- 100g butter
- Salt & Pepper, to taste

Heat the oil and cook the onions on high heat until soft and brown. Add the ginger and garlic and cook for 2 minutes. Add the curry powder and cook for 2 more minutes stirring continuously. Pour in the stock, tomatoes and coconut milk - then stir in the lentils.

Bring to the boil, simmer gently until the lentils are tender (around 35 minutes).

Liquidise adding the butter and adjust seasoning with salt and pepper.

Serve and enjoy!

Serves 10

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