

## Coconut Red Lentil Peanut Soup

(from [www.theendlessmeal.com](http://www.theendlessmeal.com))



PREP TIME: 10 mins  
COOK TIME: 45 mins  
TOTAL TIME: 55 mins  
YIELD: 10 CUPS

### Description:

Coconut Red Lentil Peanut Soup is a hearty, meat-free, West African-inspired soup recipe. The coconut milk and lentils make it thick and creamy and the peanut butter gives it the best flavor. Bonus: it's easy to make, and it's healthy, and incredibly delicious.

### Ingredients:

- 2 teaspoons coconut oil
- 1 medium yellow onion, minced
- 2 medium bell peppers, diced
- 2 medium carrots, diced
- 1 2-inch piece ginger, minced
- 3 garlic cloves, minced
- 1 teaspoon each: ground cinnamon and smoked paprika
- 1/2 teaspoon each: turmeric and ground cumin
- A pinch of cayenne, optional
- 1 medium sweet potato, diced (about 2 cups)
- 1 28-ounce can diced tomatoes (fire-roasted are especially good)
- 4 cups stock vegetable stock (or you can use chicken stock or water)

- 1 cup dried red lentils (also known as orange lentils)
- 1/4 cup peanut butter (smooth, rather than chunky blends better)
- 1 15-ounce can coconut milk (not coconut water)
- 1/2 cup chopped kale, spinach, or chard (I usually use what I pick, which is double this amount. Just make sure you chop it into small bits so it can float about and does not take over the dish).
- Sea salt, to taste

**Preparation:** (I recommend you read the whole recipe, then prep everything and measure out all spices before you begin).

1. Heat the oil in a large pot over medium-high heat.
2. Add the onion and cook until it begins to brown, about 5 minutes.
3. Add the bell peppers, carrots, ginger, and garlic and cook until the vegetables begin to soften, about 5 minutes
4. Stir in the cinnamon, smoked paprika, cumin, turmeric, and, if using, the cayenne, and let the spices cook for 1 minute.
5. Add the sweet potato, tomatoes, and the stock and bring the pot to a boil. Reduce the heat to low and let the pot simmer, uncovered, for 10-20 minutes, or until the sweet potatoes are almost soft. (I poke them with a fork).
6. Stir in the red lentils and peanut butter and let the soup cook until the lentils are soft, about 10 minutes.
7. Blend half the soup using a blender or hand-held immersion blender. If using a blender, add the blended soup back to the pot. Stir in the coconut milk and kale, spinach, or chard and let the greens wilt.
8. Season to taste with sea salt.