

Turmeric Lentil Soup

Ingredients:

- 1 cup red onion, chopped
- 2 garlic cloves, minced
- 1 cup celery, chopped
- 1 cup potato, chopped
- 2½ sweet potato or butternut squash, chopped
- 1 tsp. sea salt or to taste
- 2 tsp. dried thyme
- 2 tsp. dried oregano (optional)
- 1 cup red lentils
- 1 cup brown or green lentils
- 1½ tbsp. turmeric
- 1 tsp. cumin
- 6 cups vegetable broth or stock
- 1 cup coconut or almond milk
- 1 cup baby spinach
- 1 cup fresh cilantro, parsley or chives

Instructions:

1. Put a tablespoon of water into a Dutch oven or large soup or stockpot. Add the onion, garlic, celery, regular potato, sweet potato or butternut squash and sauté for about 5 minutes until everything softens slightly. Season with sea salt, thyme, and oregano. Continue cooking for approximately 2-3 more minutes.
2. Add lentils, turmeric, and cumin, and sauté for 1-2 minutes before adding the broth. Bring the soup to a boil, then cover and reduce the heat to a simmer for 30 minutes.
3. Remove from heat and stir in the milk, spinach, and fresh herbs.
4. Serve immediately.

Tips: Top with more fresh herbs and a dollop of vegan sour cream, plain coconut yogurt, or chopped avocado. Serve with crackers or toasted bread and a salad.

Servings: 5-6