Red Lentil Coconut Soup

Servings: 4

1 cups of organic Red Lentil
8 cups of water or vegetable broth
1 large onion
1 tsp of coconut oil
1 can of coconut milk
1 inches of ginger root (fresh)
1/2 inch of turmeric root (if available or use turmeric powder)
Salt (to taste)
Optional- Add a handful of greens (spinach, kale, swiss chard)
Optional- Add a carrot

~ First, chop and sauté the onion in coconut oil the soup pot until transparent. Next, add water (or broth) lentils, and ginger and turmeric. Bring
to a boil and let simmer for 30 min. Stir
in coconut milk and salt to taste.