

# Immunity Boosting Indian-Spiced Lentil Soup

## INGREDIENTS

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- 1 onion, peeled and minced
- 1 tsp ground turmeric
- 1 tsp ground ginger
- 1 tsp mustard powder
- 1 tsp curry powder
- ½ tsp ground cinnamon
- ¼ tsp ground cayenne
- ¼ tsp ground black pepper
- 1 cup dried red lentils
- 2 cups vegetable stock
- 1.5 cups or one 13.5 oz can of coconut milk
- 3 cloves of garlic

## INSTRUCTIONS

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1. Peel and mince your garlic and set aside.
2. In a medium pot, cook onion until translucent; add spices and cook for 3 more minutes or until fragrant. Add lentils, vegetable broth and coconut milk. Bring to a boil then reduce heat to low and simmer uncovered for 30-45 min, or until lentils are very soft and have absorbed most of the liquid.
3. Turn off heat and stir in garlic.

For some bonus probiotics, top with a bit of yogurt. Serves 4.

From your friends at **TAUCK** 