



# Red Curry Lentils

## INGREDIENTS

SERVES: 6

1 cup lentils, soaked for at least 2 hours  
4 cups veggie broth  
2 T coconut oil  
4 cloves garlic, chopped 1 small onion, diced  
1 cup carrots, diced  
1 cup celery, diced  
1 bunch swiss chard, chopped  
1 head parsley, chopped 1 t curry  
1 t cumin  
1 t paprika  
2 t salt  
½ t black pepper  
Juice of ½ lemon  
2 T red wine vinegar

Strain and rinse the lentils. In a soup pot, add the coconut oil, garlic, onion, carrots and celery.

Sautee on high heat stirring a couple times for about 5 minutes. Add the red wine vinegar and stir in for about 30 seconds. Add the lentils and veggie broth and all of the spices, salt and pepper.

Reduce heat to medium and cook for 15 minutes. Add the swiss chard, parsley and lemon juice and cook for 5 more minutes.

Top with avocado, pumpkin seeds and a drizzle of lemon.