

SOUP

Serves: 6 - 8

Glycemic Load: 2



Spicy Red Lentil & Spinach

Ingredients:

- 1 tsp deodorized [coconut oil](#)
- 1 large red onion, chopped
- Salt and pepper
- 2 x 400g cans chopped tomatoes
- 250g spinach
- 2 cups [red lentils](#)
- 2 cups water
- 2 tsp dried basil
- 1½ tsp [ground cardamom](#)
- 1 tsp [ground cumin](#)
- ½ tsp [cayenne pepper](#)
- ½ tsp [curry powder](#)

Method:

Heat the oil in a large pot over medium heat, and cook the onion until golden brown. Season with salt and pepper.

Mix in tomatoes, spinach and lentils, and pour in water.

Season with basil, cardamom, cumin, cayenne pepper and curry powder.

Bring to the boil, reduce heat to low and simmer 25 minutes, stirring occasionally, until lentils are tender.

Transfer the soup to a blender (or use a hand held blender) and blend until smooth before serving.