



RECIPE | TOMATOES



# TOMATO LENTIL COCONUT CURRY SOUP



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## INGREDIENTS

- 6** Pure Flavor® Beefsteak Tomatoes, chopped
- 1** white onion, finely chopped
- 2 ½ cups** water
- 2 cups** unsweetened coconut milk
- ¾ cup** green lentils
- ½ cup** cilantro, chopped & divided

- 1 tbsp** fresh ginger, grated
- 1 tbsp** curry powder
- 1 tbsp** minced garlic
- 1 tbsp** olive oil
- ¼ tsp** red pepper flakes
- Salt & pepper, to taste

## DIRECTIONS

- 1 Heat oil in a large pot over medium-high heat and cook the onion for 10 minutes until softened & golden.
- 2 Add garlic, ginger, curry powder, red pepper flakes, and lentils; then sauté for 1 minute.
- 3 Stir in the tomatoes, ¼ cup cilantro, water, and season with salt & pepper, to taste.
- 4 Add coconut milk and bring to a boil. Reduce heat and simmer for 25 minutes, stirring occasionally.
- 5 To serve, divide the soup among four bowls. Garnish with lime wedges and remaining cilantro.



**50 min**

**10 min** | **40 min**  
PREP. | COOKING



**6**



**easy**