



RECIPE | TOMATOES

TOMATO LENTIL COCONUT CURRY SOUP



50 min

10 min
PREP.

40 min
COOKING



6



easy

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
Lime wedges, for garnish



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.

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