

## Curiously Creamy Broccoli Soup

Prep to table: 45 minutes | Serves 4

My criticism of most vegan soups is their heavy dependence on coconut milk. Though delicious, a little bit goes a long way. Delightful notes of coconut balance this fragrant and curiously creamy vegetable-first soup. Broccoli pulls its weight both in nutrients and flavor, adding dimension to the sweet-spicy noodling of red lentils, sweet potato, and spices. If you don't have coconut oil leftover from that all-natural hair care experiment, you can use olive oil, no problemo.

2 Tablespoons coconut oil  
1 yellow onion, diced  
1 large sweet potato, peeled and diced into ½" pieces  
1 clove garlic, minced  
1 teaspoon turmeric  
1 teaspoon cumin  
1 teaspoon coriander  
1 tablespoon grated fresh ginger  
3 crowns broccoli, chopped into small florets  
1 cups red lentils  
6 cups vegetable broth  
Salt

### Serving suggestion

Toasted unsweetened coconut chips  
Fresh cilantro  
Green onions, chopped

How to:

1. **Sauté** the oil, onion, and sweet potato, and 1 teaspoon salt for 8 minutes in a large soup pot over medium heat.
2. **Add** the garlic, turmeric, cumin, coriander and ginger and sauté for 1 more minute.
3. **Add** the broccoli, lentils, broth and ½ teaspoon salt and bring to a boil over high heat. Lower the heat and simmer for 20 minutes, or until lentils are cooked and sweet potato is soft. Taste and add salt, black pepper.
4. (Optional) Use the immersion blender to get to create a creamy soup.
5. **Divide** the soup between four bowls, top with toasted coconut chip, fresh cilantro and green onions if using.

### Easy ingredient swaps

Olive oil for coconut oil

Carrot for sweet potato