



Green Lentil Soup with Curried Brown Butter

Recipe Source: www.melskitchencafe.com

Serves 4-6

Ingredients:

- 1 Tbsp olive oil
- 1 large yellow onion, chopped
- 3 cloves garlic, chopped
- ¼ tsp red pepper flakes
- 5 ½ cups low-sodium chicken or vegetable broth
- 1 ½ cups green lentils (or green split peas), picked over and rinsed
- 1 ½ tbsp butter
- 1 Tbsp Indian curry powder
- ¾ cup light coconut milk
- ¼ tsp salt
- Whole wheat croutons or toasted bread, for dipping (optional)

Steps:

- In a large saucepan over medium heat, combine the olive oil, onion, garlic, red pepper flakes, stirring frequently until the onions soften, about 5-7 minutes. Stir in the broth and lentils. Simmer, covered, until the lentils are tender. (This can be 20-50 minutes so check occasionally.)
- While the lentils simmer, melt the butter in a small saucepan over medium heat and let it brown. (Watch it carefully since butter can burn quickly!) As soon it starts to smell nutty and fragrant, stir in the curry powder and cook for about 30 seconds.
- When the lentils are finished cooking, remove the pot from the heat, stir in the coconut milk and ¼ tsp salt and puree with an immersion blender. (Or carefully transfer the soup to a blender in batches to puree.) Blend the soup until completely smooth, or leave with a bit of texture if preferred.
- Stir the spiced butter into the soup. Ladle into individual bowls. Serve with toasted bread, if using.

Tips from the Test Kitchen: This is a fragrant, flavorful soup. The lentils are a great source of fiber and protein so the soup is a perfect meatless meal!

Nutritional Facts (per serving): Calories: 414, Carbohydrates: 48 grams, Protein: 18 grams, Total Fat: 19 grams, Saturated Fat: 11 grams, Cholesterol: 11 mg, Sodium: 1472 mg, Fiber: 12 gram, Total Sugars: 4 grams.