



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Curry Lentil Soup with Winter Vegetables

Ingredients:

- 3 cloves Garlic, *minced*
- 1 med Onion, *diced*
- 2 med Carrots, *diced*
- 2 med Parsnips, *diced*
- 2 cups Red Lentil, *dried*
- 1 cup Kale, *finely chopped*
- 2 inches Ginger Root, *grated*
- ¼ cup Coconut Oil
- 6 cups Water, *filtered or spring*
- 1 tsp Turmeric Powder
- 2 tsp Sea Salt
- ½ tsp Black Pepper
- ½ tsp Ground Cumin
- ½ tsp Ground Coriander



Instructions:

1. Rinse the red lentils thoroughly. Soak for 6 to 8 hours, if desired, to reduce phytic acids and improve digestibility. Drain water immediately before cooking.
2. In a large stainless-steel pot, heat coconut oil. Sauté diced onion, carrots, and minced garlic for 5-7 minutes on medium-high heat until fragrant.
3. Add the red lentils and 6 cups of water into the pot. Bring to a boil and then simmer for 15 to 20 minutes.
4. Add the diced parsnip, grated ginger, turmeric powder, ground cumin, and ground coriander. Season with salt and pepper. Simmer for another 7 minutes until parsnip is soft. Stir in kale and simmer for 5-7 more minutes until kale is tender, remove from heat.