

# Slow Cooker Red Lentil Coconut Soup

Prep time	Cook time	Total time
20 mins	8 hours	8 hours 20 mins

With lentils, chickpeas, carrots, and coconut milk, this amazing vegetarian soup is hearty without being heavy. Warm curry spices, a pinch of cayenne for heat, a bit of cooling cilantro sprinkled on the top ... delicious.

Author: Kitchen Treaty

Recipe type: Soup

Yield: 6



## Ingredients

- 2 tablespoons butter
- 1 medium yellow onion, diced (about 1 1/2 cups diced)
- 3/4 cup diced carrots
- 2 teaspoons minced garlic
- 1 tablespoon curry powder
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1 tablespoon minced fresh ginger or 1/4 teaspoon ground ginger
- 4 cups vegetable broth
- 2 tablespoons tomato paste
- 1 cup dried red lentils, rinsed
- 2 15.5-ounce cans chickpeas, drained
- 1 14-ounce can light coconut milk
- Fresh cilantro and lime wedges for serving

## Instructions

1. In a medium saute pan over medium-low heat, melt the butter.
2. Increase heat to medium and add the onion and carrots. Cook, stirring occasionally, until the onion has softened, about 4 minutes.
3. Add the garlic, curry powder, cayenne powder, ginger and salt. Stir and cook for another minute.
4. Add the tomato paste and pour in about a cup of the vegetable broth. Stir to get all of the bits of good stuff off of the pan, and pour the entire mixture into a 4.5 quart or larger Crock Pot.
5. Add the remaining vegetable broth, red lentils, chickpeas, and coconut milk to the Crock Pot and stir.
6. Cook on low for about 8 hours.
7. Taste and add additional salt if necessary.
8. Serve with fresh lime wedges for squeezing on top and sprigs of cilantro.

## Notes

Adapted from [Scaling Back Blog](#)

Recipe by Kitchen Treaty at <http://www.kitchentreaty.com/slow-cooker-red-lentil-chickpea-coconut-soup/>