

Curried Lentil, Tomato, and Coconut Soup Recipe | Bon Appetit



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This recipe calls for medium curry powder, but it's flexible. If the one you have is mild or very spicy, adjust the heat level with more, or less, red pepper flakes.

Ingredients

- 2 tablespoons virgin coconut oil or extra-virgin olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped (approximately 2 teaspoons)
- 1 2½-inch piece ginger, peeled, finely grated (approximately 2 teaspoons)
- 1 tablespoon medium curry powder
- ¼ teaspoon crushed red pepper flakes
- ¾ cup red lentils
- 1 14.5-ounce can crushed tomatoes
- ½ cup finely chopped cilantro, plus leaves with tender stems for serving
- Kosher salt, freshly ground pepper

1 13.5-ounce can unsweetened coconut milk, shaken well
Lime wedges (for serving)

Method

1. Heat oil in a medium saucepan over medium. Cook onion, stirring often, until softened and golden brown, 8–10 minutes. Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 2 minutes. Add lentils and cook, stirring, 1 minute. Add tomatoes, $\frac{1}{2}$ cup cilantro, a generous pinch of salt, and $2\frac{1}{2}$ cups water; season with pepper. Set aside $\frac{1}{4}$ cup coconut milk for serving and add remaining coconut milk to saucepan. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20–25 minutes. Season soup with more salt and pepper if needed.
2. To serve, divide soup among bowls. Drizzle with reserved coconut milk and top with more cilantro. Serve with lime wedges
3. Do Ahead: Soup (without toppings) can be made 3 days ahead. Let cool; cover and chill.”}

Notes

Recipe by Yotam Ottolenghi

11 WW Freestyle SmartPoints

Source: Bon Appétit (4 servings)

<https://www.bonappetit.com/recipe/curried-lentil-tomato-and-coconut-soup>

[Curried Lentil Soup with Ham](#)



Curried Lentil

Soup with Ham

Ingredients

- $\frac{1}{2}$ lb. lean country smoked ham
- 3 medium-size carrots
- $\frac{1}{2}$ lb. green lentils
- 2 tablespoons butter
- 1 cup finely chopped onions
- 1 tablespoon finely chopped garlic
- 2 tablespoons curry powder
- 5 cups fresh chicken broth
- 2 cups water
- 1 bay leaf
- 3 sprigs fresh thyme
- Salt
- 1 tablespoon red-wine vinegar
- 2 tablespoons finely chopped coriander

Method

1. Remove most of the fat from the ham and cut into 1/2-inch cubes.
2. Trim and scrape the carrots and cut them into 1/4-inch cubes.
3. Pick over the lentils, wash them and drain into a colander.

4. Heat 1 tablespoon of the butter in a kettle or saucepan. Add the ham, carrots, onions, garlic and curry powder. Cook briefly over medium heat, stirring, until the onions are wilted.

5. Add the lentils, 4 cups of the chicken broth, water, bay leaf, thyme and salt. Bring to a boil, and simmer for 24 to 30 minutes, stirring occasionally.

6. Remove one cup of the soup, with more lentils than liquid, and set aside. Discard the bay leaf and thyme sprigs.

7. With a potato masher or wire whisk stir the soup briskly to mash the lentils, and return the soup to a boil. Add the remaining cup of chicken broth, the reserved lentils, the vinegar and the remaining butter. Check for seasoning and serve, sprinkled with the coriander.

Source: New York Times Cooking (6 servings)

[Carrot Ginger Soup](#)

Carrot Ginger Soup

This healthy Carrot Ginger Soup is made with fresh carrots, a hint of fresh ginger and a touch of sour cream blended together until creamy, perfect for lunch or dinner. You can make it vegan or dairy-free by swapping the cream for coconut milk.

Ingredients



- 1 tablespoons unsalted butter (use oil for DF)
- 1 large white onion, chopped
- 3 cups reduced-sodium vegetable broth
- 1 lb. peeled baby carrots
- 1 tablespoon grated fresh ginger
- $\frac{1}{4}$ cup reduced fat sour cream (tofuutti sour cream or coconut milk for dairy free)
- kosher salt and white pepper to taste
- 2 tablespoons fresh micro greens or chives, for garnish

Method

1. In a large pot or Dutch oven, melt butter over medium heat; add onions and cook, stirring often, until onions are soft, about 5-6 minutes.

2. Add broth, carrots, and ginger. Cover and bring to a boil. Reduce heat and simmer until carrots are soft, about 30 minutes.

3. Add sour cream, using an immersion blender (or in batches in a regular blender), carefully blend until smooth. Bring soup back to a boil, adjust salt and pepper to your taste.

4.Ladle into 4 bowls and garnish with a little more sour cream and fresh chives if desired.

Prep

- Total Time: 45 Minutes

Source: **Skinny Taste** (Servings: 4 | Yield: 5 cups)

Chicken, Mushroom, and Barley Stew



Chicken, Mushroom, and

Barley Stew

Ingredients

$\frac{1}{2}$ ounce dried porcini mushrooms

1 cup boiling water
1 pound boneless skinless chicken breast, cut into 1/2 inch pieces
1/4 teaspoon salt
1/4 teaspoon pepper
3 large shallots, sliced
4 cups chicken broth
2 large carrots, sliced
1 stalk celery, thinly sliced
1/2 cup pearl barley, rinsed
1 large bay leaf

Method

1. Combine mushrooms and boiling water in cup; soak 10 minutes. Lift mushrooms out with slotted spoon, leaving soaking liquid in cup. Coarsely chop mushrooms and reserve soaking liquid.
2. Set large nonstick saucepan over medium heat. Sprinkle chicken with salt and pepper and lightly spray both sides with nonstick spray. Add chicken to pan and cook, stirring occasionally, until browned, 8 to 10 minutes. Add shallots and cook until softened, about three minutes. Add broth, carrots, celery, barley, bay leaf, and mushrooms. Carefully pour in reserved mushroom liquid leaving any grit in the bottom of cup. Reduce heat and simmer, covered, until barley is tender, 40 to 50 minutes. Discard bayleaf.

Notes

Simple addition – Sprinkle each serving of stew with one or more finely chopped fresh herbs, such as parsley, thyme, sage, or chives.

Source: Weight Watchers Love It, Cook It, Eat It (6 servings)

Mexican Chorizo and Corn Soup



Mexican Chorizo

and Corn Soup

This filling soup is great when you need to warm up on a blustery day! If you want a chowder consistency, use a potato masher to break down some of the spuds. –Laura Davis, Chincoteague Island, Virginia

Ingredients

- $\frac{3}{4}$ lbs. Jones No Sugar Pork Sausage Roll or ground mexican chorizo sausage
- 1 large onion, chopped
- 1 medium sweet red pepper, chopped
- 1 poblano pepper, seeded and chopped
- 3 garlic cloves, minced
- $\frac{1}{3}$ cup all-purpose flour

1 teaspoon ground cumin
½ teaspoon salt
½ teaspoon pepper
2 cartons (32 ounces each) reduced-sodium chicken broth
1-½ lb. potatoes (about 4 medium), peeled and cut into 1/2-inch cubes
3 cups frozen corn (about 16 ounces)
½ cup sour cream
Queso fresco and chopped fresh cilantro, optional

Method

1. In a Dutch oven, cook and crumble chorizo over medium heat until cooked through, 4-6 minutes. Using a slotted spoon, remove chorizo to paper towels, reserving 2 tablespoons drippings in pan.
2. In drippings, saute onion and red and poblano peppers over medium heat until tender, 8-10 minutes. Add garlic; cook and stir 1 minute. Stir in flour and seasonings until blended; cook and stir 3 minutes. Gradually stir in broth.
3. Add potatoes and corn; bring to a boil. Reduce heat; simmer, uncovered, until potatoes are tender, 10-15 minutes. Stir in sour cream and chorizo; heat through. If desired, serve with cheese and cilantro.

Prep

- Prep: 15 Minutes
- Cook: 35 Minutes

Source: TASTE OF HOME (Servings: 10 | Yield: 3 1/2 quarts)

[Leftover Ham Bone Soup with](#)

Potatoes and Cabbage



Leftover Ham Bone Soup with Potatoes and Cabbage

If you're making a big bone-in ham for the holidays this year, don't throw away the leftover ham bone once all the meat's been cut off. It's a key ingredient in this soup that adds instant flavor with minimal effort!

Ingredients

cooking spray

$\frac{1}{2}$ cup chopped onion

2 cloves garlic, minced

$\frac{1}{2}$ cup chopped celery

2 medium carrots, peeled and sliced

4 cups (1 carton) less sodium chicken broth

10 ounces (2 medium) yukon gold potatoes, peeled and diced small
1 leftover ham bone
5 ounces chopped leftover ham
1 small head cabbage, cored and chopped (13 oz)

Method

1. Instant Pot: Assuming your electric pressure cooker has a saute option, press the saute button and spray with oil, add the onions, celery, and garlic and saute, 4 to 5 minutes.
2. Add the chicken broth, carrots, 1 1/2 cups water, potatoes, ham bone and ham and cook high pressure 20 minutes.
3. Let the steam release naturally. Add the cabbage and cook 5 minutes high pressure. Natural or quick release.
4. To cook on the stove top: Follow the same directions as above in a large pot or Dutch oven, cook covered low 1 hour adding the cabbage during the last 10 to 15 minutes. Cook until the cabbage and vegetables are tender.

Source: Skinny Taste (6 servings)

Braised Veal Cubes with Olives and Red Onions



Braised Veal Cubes

with Olives and Red Onions

Light veal casserole makes an elegant supper for 4. Flavoured with garlic, sundried tomatoes, olives and Madeira wine for a Mediterranean feel.

Ingredients

- 1 lb. lean veal shoulder cubes
- Salt and freshly milled black pepper
- 2 tablespoons olive oil
- 1 large red onion, peeled and sliced
- 2 garlic cloves, peeled and finely chopped
- 2 tablespoons sun-dried tomato paste or 25g/1oz sun-dried tomatoes in oil, drained and finely chopped
- 4 floz Madeira wine
- $\frac{3}{4}$ – 1 pint good, hot beef stock
- 1 – 2 tsp dried mixed herbs

1 – 2 oz pitted green olives, roughly chopped
Freshly chopped flat-leaf parsley, to garnish

Method

1. In a large bowl season the veal cubes. Meanwhile, heat half the oil in a large non-stick frying pan under a medium heat and cook the veal cubes for 2-3 minutes in batches until brown. Transfer to a large 2 pint casserole dish.
2. Heat the remaining oil in the frying pan and cook the onion and garlic for 2-3 minutes until soft. Spoon into the casserole dish.
3. Add the remaining ingredients to the casserole dish. Bring to the boil, reduce the heat, cover and simmer on the hob for 1½ hours.
4. Garnish with the parsley and serve with pasta or rice and seasonal vegetables.

Prep

- Prep: 20 Minutes
- Cook: 2 Hours

Source: Simply Beef and Lamb (4 servings)

Italian Sausage Stuffed Pepper Soup

Italian Sausage Stuffed Pepper Soup

Ingredients

- 1 cup uncooked long grain white or brown rice
- 2 cups water or beef broth
- 1 lb. Italian sausage, casings remove
- 1 tablespoon oil

1 onion, diced
2 bell peppers, diced
2 cloves garlic, minced
1 (28 ounce) can diced tomatoes
1 (15 oz) can tomato sauce or tomato puree
2 cups beef broth
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{4}$ teaspoon dried oregano
salt and pepper to taste
2 tablespoons parsley, chopped

Method

1. Bring the rice and water to a boil, reduce the heat, cover and simmer until the water has been absorbed, about 20 minutes, before removing from the heat and letting sit, covered.
2. Meanwhile, cook the sausage in a large pan over medium-high heat and set aside, about 7-10 minutes.
3. Add the onions to the pan and cook for 5 minutes. Add the peppers to the pan and cook for 5 minutes.
4. Add the garlic and cook until fragrant, while stirring, about 1 minute.
5. Add the tomatoes, broth, sausage, onions and peppers, bring to a boil and simmer for 10 minutes.
6. Add the rice, season with salt and pepper, remove from heat, mix in the parsley and enjoy!

Notes

Option: For One-Pot: Make this a one-pot meal by adding the uncooked rice to the soup in step 5 with an extra 2 cups broth and cook until cooked, about 20 minutes.

Option: (Highly recommended) Add $\frac{1}{2}$ cup grated parmesan to the soup and let it melt in! Yum!

Option: Replace the rice with quinoa or a blend of whole grains!

Option: Instead of cooking the rice separately, add it and 2 cups up extra broth to the soup at step 6 and simmer until the rice is cooked, about 20 minutes.

Option: Replace the sausage with ground beef or ground turkey, etc.

Source: Closet Cooking (6 servings)

Leftover Ham and Bean Soup

Leftover Ham and Bean Soup

Leftover Ham and Bean Soup – perfect use of that leftover ham from Thanksgiving or Christmas dinner. This soup is delicious, hearty and smells heavenly.

Ingredients

- 1 leftover ham bone
- 2 cups leftover ham chopped in cubes
- 2 tablespoons olive oil
- 2 bay leaves
- 1 large onion chopped
- 2 medium carrots chopped
- 3 celery stalks chopped
- 3 cloves garlic minced
- 1 whole parsnip peeled and cleaned
- 8 cups vegetable broth low sodium
- 19 ounces cannellini beans (1 can), drained and rinsed
- 1 teaspoon cumin
- 1 teaspoon thyme
- salt and pepper to taste
- $\frac{1}{4}$ cup fresh parsley chopped

Method

1. In a large soup pot, heat olive oil. Add onion, celery and carrot and cook for about 5 minutes until onion is tender.
2. Add garlic, ham, ham bone, parsnip, bay leaves and the broth. If you don't have a ham bone, just skip it. Bring to a boil and lower heat to medium. Let cook for about 30 minutes.
3. Add rinsed beans, cumin, thyme and season with salt and pepper. Continue cooking for another 30 minutes.
4. Remove ham bone, bay leaves and parsnip. Garnish with parsley and serve.

Notes

Recipe Notes from Jo:

I don't have leftover ham or ham bone, can I still make this: Yes! You can purchase a prepackaged ham from your local grocery store and use that instead of leftover ham. If you don't have a ham bone, just skip it, it's used to flavor the soup.

Can I chop up the parsnip: Yes, of course. I use a whole parsnip to simply flavor the soup, but I know some people prefer to actually eat, so in that case, chop it first, then add it to the soup.

Can I use dry beans instead of canned beans: Absolutely, just keep in mind that dry beans take longer to cook. You'll need about 1 cup of dry beans for this recipe. Also if using dry beans, you can soak them in water overnight if you choose. Usually this is done to speed up the cooking process, however studies have shown that it will only cut about 10 minutes of cooking time.

How do I store leftovers: Store leftover soup in a covered glass or plastic container in the fridge for 3 to 4 days.

Can I freeze this soup: Yes you can. While the soup will only last 3 to 4 days in the fridge, it can last up to a month in the freezer. Make sure the soup is cooled completely first.

Use freezer bags for this such as gallon or quart-size top plastic freezer bags. Ladle soup into each bag then let out any excess air and seal. Lay bags flat in a single layer in the freezer. Once they're frozen you can stack them to save space. To reheat, thaw them overnight in your fridge then pour them in a saucepan and reheat over low heat. You can also reheat them in the microwave.

Prep

- Prep: 10 Minutes
- Cook: 1 Hour
- Total Time: 70 Minutes

Tomatillo Chicken Stew – Instant Pot

Tomatillo Chicken Stew – Instant Pot

Ingredients

- 1 $\frac{1}{4}$ lbs. boneless skinless chicken thighs
- 1 pinch Salt and pepper
- 2 tablespoons Olive oil
- 2 medium yellow onions, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 $\frac{1}{2}$ cup chicken stock
- 2 cups tomatillo sauce, made from scratch or use salsa verde
- 1 teaspoon dried oregano, or 1 tbsp fresh, chopped
- $\frac{1}{2}$ cup packed chopped cilantro , (about one bunch rinsed and chopped, stems and leaves)

Method

1. Set instant pot to sauté, add a couple tablespoons of olive oil until hot. Pat dry the cubed chicken parts with paper towels. Sprinkle salt and pepper over them. Working in batches so as not to crowd the pan, and adding more olive oil when necessary, brown the chicken pieces on two sides.
2. When you place the pieces in the pot, make sure there is room between them (otherwise they will steam and not brown), and don't move them until they are browned on one side. Then use tongs or a metal spatula to turn them over and don't move them again until they are browned on the other side. Do not cook through, but only brown.
3. Remove the chicken pieces from the pot. There should be a nice layer of browned bits (fond) at the bottom of the pan.
4. Add the onions to the pot, and a tablespoon or two more olive oil if needed (likely).
5. Add ground cumin and coriander. Cook a few minutes, stirring occasionally until onions are softened and the browned bits from the chicken have been picked up by the onions and are no longer sticking to the pan.
6. Add the garlic and cook for 30 seconds more, until fragrant.
7. Add the browned chicken, the tomatillo sauce, chicken stock, and oregano to the pot. Stir to combine.
8. Select the soup setting on the instant pot. After cooking, quick release and add the cilantro to the stew in the last minute or so of cooking.

Source: adapted from Simply Recipes (4 servings)