

CROCK POT CURRIED LENTIL SOUP

READY IN: 6hrs 15mins

SERVES: 4-6

UNITS: US

INGREDIENTS

Nutrition

- **2** tablespoons oil (preferably olive, or for authenticity -- clarified butter)
- **1/2** onion, chopped
- **1 1/2** teaspoons good curry powder (I like using more, but it is all to taste)
- **6** cups good vegetable stock (water or chicken stock can be substituted)
- **1** cup lentils
- **1** (14 ounce) can chopped tomatoes (with liquid)
- salt
-

DIRECTIONS

- Heat oil in skillet over medium high heat.
- Add onion and cook until translucent.
- Add curry, stir and cook for 1-2 minutes.(you should be able to smell the curry flavors when it is ready) Add some of the stock to the pan to deglaze.
- Pour the contents of the pan, and the rest of the stock into a crock pot.
- Add the lentils to the pot.
- Cover and cook on low for 6 hours.
- Before serving, puree some of the lentils to give the soup some body, and add the tomato and any salt that you wish.