

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

---

[www.aspireperspirenourish.com](http://www.aspireperspirenourish.com)

## Red Lentil Curry Soup

Makes 6 servings

### *Ingredients:*

1 3/4 cups red lentils  
1 small onion  
3 green onions  
3 cloves garlic  
1/4" root fresh ginger  
2 large carrots  
4 leaves and stem red swiss chard (or 1 cup spinach leaves)  
8 cups water  
1 tsp celtic sea salt  
1 tsp madras curry (very mild) (or any other curry)

### *Directions:*

1. Check for and remove small stones and debris from red lentils.
2. Rinse under cold water and drain.
3. Coarsely chop all vegetables.
4. Place all ingredients in large pot, except salt and curry.
5. Bring to a boil and reduce heat. Cover and simmer until lentils are done.  
About 30 minutes.
6. Puree with a hand blender or in small batches in a regular blender.
7. Add salt and curry.