



Red Cabbage and Lentil Soup (6 servings)

Ingredients

2 cups yellow onion - chopped	1 package lentils
2 cups carrots - peeled and chopped	1 tsp cumin
1 cup celery - chopped	1 tsp coriander
6 cloves garlic - chopped	1 tsp turmeric
1 medium head red cabbage - sliced	1 tsp curry powder
1 28oz can diced tomatoes	1 tsp red curry paste
4 cups vegetable broth	Himalayan sea salt - to taste
1 package ground Beyond Meat® (<i>meat alternative</i>)	Black pepper - to taste

Preparation

- Rinse and sort through lentils, removing any defective legumes. Put the remainder in a large pot and cover with water 1/2 inch about the lentils.
- Bring to a boil, then reduce the heat, simmering the lentils for 30 minutes. Add additional water if necessary.
- In a saucepan, sauté the onions, carrots, celery, and garlic until soft.
- Add vegetable broth to lentils, stir and simmer for 15 minutes. Add the sautéed vegetables, along with the canned tomatoes and its liquid, spices, and curry paste.
- Break the ground meat into small chunks, stir in and continue to simmer for 30 minutes.
- Add sliced red cabbage to the soup and allow it to cook an additional 15 minutes.
- Add salt and pepper to taste. Simmer an additional 10 minutes.
- Excellent when served with corn muffins.