



Ingredients

- ✓ ¼ cup cashews, chopped
- ✓ 2 Tbsp. coconut oil
- ✓ 2 cloves garlic, finely chopped
- ✓ 1 tsp. minced ginger
- ✓ ¾ cup onion, chopped
- ✓ 5 - 6 medium carrots
- ✓ 8oz waxy potato (like Red Bliss)
- ✓ ¼ cup red lentils
- ✓ 1 ½ tsp. curry powder
- ✓ ½ tsp. salt or more to taste
- ✓ 5 cups vegetable broth
- ✓ ¾ cup coconut milk

Preparation

Scrub or peel the carrots and dice them in to ½” pieces. Peel and dice the potato in to ½” pieces. Heat coconut oil in large saucepan over medium-low heat. Add garlic, ginger and onion and cook and stir until softened, about 10 minutes. Add diced carrots and potatoes and toss. Add red lentils and curry powder and toss again. Add salt, vegetable broth, stir and bring to a simmer. Simmer covered for about 25 minutes, until carrot, potato and lentils are all tender. Puree in blender or food processor and return to pan. Add coconut milk and heat through. Season to taste and serve with optional garnishes if desired.