


<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• 3 Tbsp. Vegetable Oil</li> <li>• 1 jar Curried Coconut Lentil Soup Mix</li> <li>• 48 oz. Low-sodium Chicken or Vegetable Broth</li> <li>• 2 Cups Water</li> </ul> <p><b>For a pumped up pulse soup:</b> Garnish with coconut or chopped cilantro, stir in coconut milk or pumpkin puree, season with sauerkraut or hot pepper sauce</p>	<p style="text-align: center;"><i>Curried Coconut Lentil Soup</i></p>  <p style="text-align: center;">To: From:</p>	<p><b>Stove top instructions:</b></p> <ol style="list-style-type: none"> <li>1. In a large saucepan or soup pot, heat oil over medium heat. Add contents of jar, cook and stir for 1 minute or until spices are fragrant.</li> <li>2. Add broth and water; bring to a boil over high heat.</li> <li>3. Reduce heat and simmer uncovered for 20 minutes or until lentils are tender.</li> </ol> <p><b>Slow cooker instructions:</b></p> <ol style="list-style-type: none"> <li>1. Combine broth, water, and jar contents in the crock of your slow cooker.</li> <li>2. Cover and heat on high for 4-5 hours or low for 8-10 hours.</li> </ol>
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