

Indian Lentil Cauliflower Slow Cooker Soup

Prep Time: 15 minutes

Cooking Time: 6 - 8 hours

Yields: 8 - 10 servings

Prep Notes: none

Category: Soups & Stews

Source: Deanna Snyder, RN

The Ingredients

- 1 yellow onion, diced
- 2 large cloves garlic, minced
- 1 tablespoon ground ginger
- 1 to 2 tablespoons curry powder
- 1 ½ teaspoons ground coriander
- 1 teaspoon ground cumin
- 8 cups vegetable broth
- 1 ½ cup uncooked red lentils, rinsed and drained
- 1 medium cauliflower, chopped into bite-sized florets
- 1 medium sweet potato, peeled and diced
- 2 large handfuls of kale, diced
- ¾ teaspoon Himalayan salt
- Freshly ground black pepper to taste



Directions

- Add all ingredients to a 6-quart slow cooker
- Cook on low for 6-8 hours
- Add water as needed for desired thickness
- Add leftovers to mason jars to prolong freshness