

CURRIED LENTIL TOMATO & COCONUT SOUP MADE WITH CAMPBELL'S® CONDENSED TOMATO SOUP



Nutrition Facts

Serving Size 250 mL

Amount Per Serving

Calories 234

% Daily Value

Total Fat 10.8g **17%**

Saturated Fat 7.6g **38%**

Cholesterol 0mg **0%**

Sodium 578mg **24%**

Total Carbohydrate 29.4g **10%**

Dietary Fiber 2.9g **12%**

Protein 6.4g **13%**

Vitamin A % Vitamin C %

Calcium 3% Iron 16%

Total Time
15 MIN.

Serving Size
250 ML

Difficulty
EASY

A creamy tomato soup with curried lentils, coconut milk, onions and garlic

Yields
13

INGREDIENTS

WEIGHT

MEASURE

lentils, dry, rinsed, drained	1 cup	250 mL
canola oil	2 tbsp	30 mL
onion, thinly sliced	1 cup	250 mL
garlic, peeled, minced	1 1/2 tbsp	20 mL
curry powder	1 1/2 tbsp	20 mL
Campbell's® Condensed Tomato Soup	1 can	
water	5 1/2 cups	
kosher salt	1 1/2 tsp	15 mL
black pepper, ground	1/4 tsp	1 1/4 mL
unsweetened coconut milk	2 1/4 cups	560 mL

INSTRUCTIONS

1. Prepare lentils according to package directions. Reserve for later use.
2. Using large sauce pot, heat oil over medium heat. Add onions. Cook for 2-3 minutes.
3. Add garlic. Cook for 1-2 minutes (don't burn garlic).
4. Add 1/2 the curry powder. Stir and cook until curry is lightly toasted.
5. Add Campbell's® Condensed Tomato Soup and water. Simmer for 5 -6 minutes.
6. Add reserved, cooked lentils and reduce heat to low.
7. Add salt, pepper and coconut milk. Simmer for additional 10 minutes.

CCP: Heat to a minimum internal temperature of 74°C for 1 minute.

CCP: Hold for hot service at 60°C or higher until needed.

To serve: Portion 250 mL soup into a serving bowl. Top each bowl with fresh basil. Serve immediately.