

Loaded Coconut Lentil Soup

TOTAL TIME
35 min

SERVING / SIZE
250 mL (1 cup)

SERVINGS
13



Loaded Coconut Lentil Soup is a comforting, vegan dish that transforms *Campbell's*® Condensed Tomato Soup with creamy coconut milk and garlic. The addition of hearty lentils and tender veggies creates a rich and flavourful meal.

MADE WITH

Campbell's **Classic Tomato**
CLASSIC SOUPS CASE CODE 00016

Ingredients

250 mL	Lentils, dry, rinsed
30 mL	Olive oil
250 mL	Onion, thinly sliced
45 mL	Garlic, minced
250 mL	Carrots, diced
22.5 mL	Celery, diced
1.36 L (1 can)	Classic Tomato
250 mL	Water
5 mL	Kosher salt
750 mL	Coconut milk, unsweetened
750 mL	Spinach, fresh

Directions

- 1 Prepare lentils according to package directions. Reserve for later use.
- 2 In a large sauce pot, heat oil over medium heat. Add onions. Cook for 3 minutes.
- 3 Add garlic and cook for 1–2 minutes.
- 4 Add carrots and celery. Sauté for 5 minutes to soften.
- 5 Add Campbell's® Condensed Tomato Soup, water, kosher salt, and coconut milk.
- 6 Reduce heat and simmer until vegetables are tender.
- 7 Add spinach and stir until wilted.

CCP: Heat to a minimum internal temperature of 74°C (165°F) for 1 minute.
CCP: Hold for hot service at 60°C (140°F)

To Serve

Portion 250 mL (1 cup) into a bowl. Serve immediately.