

Food Babe's Coconut Split Pea Soup



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	1 hr	1 hr, 10 mins	6

<https://foodbabe.com/one-little-trick-that-can-help-you-eat-less>

Ingredients:

- 2 cups yellow split peas
- 8 cups filtered water
- 2 medium carrots, diced
- 2 tablespoons ginger root, minced
- 2 tablespoons curry powder
- 2 tablespoons coconut oil
- 8 scallions, thinly sliced
- 1/3 cup currants
- 1/3 cup tomato paste
- 14 fluid ounces coconut milk
- 2 teaspoons sea salt
- 1 handful fresh cilantro, chopped

Instructions:

1. Soak split peas overnight.
2. Rinse split peas until the water runs clear.
3. Toast curry powder on dry skillet until it is fragrant (don't burn it!).
4. Place split peas in a crockpot with water, carrots, ginger, toasted curry powder, coconut oil, half of the green onions sliced, currants, tomato paste and salt.
5. Let the soup cook in crockpot on high for at least 4-6 hours.
6. Add coconut milk and cook for another 30 minutes.
7. Serve soup with a sprinkling of green onions and cilantro.

Notes:

- Please use all organic ingredients if possible
- Alternatively, you can make this soup on your stove if you don't have a crock pot - Soak split peas over night, Rinse split peas until the water runs clear, Place split peas in a large pot with water and bring to a boil, toast curry powder on dry skillet and add to lentils, along with carrots, ginger, coconut oil, half of the green onions sliced, currants, tomato paste and salt, reduce heat to a simmer and cook about 30 mins or until lentils are soft, add coconut milk and simmer another 30 mins. Serve with a sprinkling of green onions and cilantro.