

## Golden Turmeric Lentil Soup Crockpot

### Ingredients

2 tbsp butter, ghee, or coconut oil  
1/2 of a yellow onion, chopped  
2 cloves garlic, minced  
1 tbsp curry powder  
1 tsp turmeric powder  
one inch knob of ginger, grated  
1 and 1/4 cup red lentils  
2 sweet potatoes, peeled and chopped  
2 large carrots, sliced  
5 cups good quality broth  
1 cup full fat coconut milk  
3 cups kale, de-stemmed and sliced into thin ribbons  
1/8 tsp black pepper  
juice from 1/2 lemon  
1/4 cup fresh cilantro, chopped (plus more for serving)



In a large skillet, melt fat of choice. Add onions and cook until translucent, about 4-5 minutes. Add in garlic, curry powder, and turmeric and cook another 30 seconds. Scrape spiced onions into slow cooker and add in ginger, lentils, sweet potatoes, carrots, and broth. Cook on LOW for 5-6 hours. Turn slow cooker to WARM, stir in coconut milk, kale, and black pepper. Allow to sit for 5-10 minutes with lid on until kale softens. Add in lemon juice and chopped cilantro. Enjoy!