

Curried Red Lentil Soup

1 Cup red lentils rinsed
4 ½ cups vegetable stock
2T nondairy soy yogurt or sour cream
1 tsp curry
1 tsp fresh ginger or ¼ t dried ginger
½ t cumin
¼ t cayenne
½ t onion powder

Put lentils in stock and boil reduce heat to medium cook 20 min until lentils are tender
Put 2 cups lentils and yogurt into blender and puree until smooth add back to pan stir in seasonings
Heat through and serve

<http://www.lincolntent.com/GlutenFreeCaseinFree-Soup.html>