

## Curried Rice & Lentil Soup

1 Cup red lentils rinsed  
4 ½ cups GFCF vegetable stock  
1 Cup Water  
1/2 Cup chopped onion  
2 Carrots peeled and chopped  
1 teaspoon curry  
1 teaspoon fresh ginger or ¼ t dried ginger  
½ teaspoon cumin  
¼ teaspoon cayenne  
½ teaspoon onion powder  
1/2 teaspoon dried minced garlic  
1/2 cup cooked rice  
2T nondairy soy yogurt or sour cream



Put spices, lentils, carrots and onions in stock and water. Bring to a 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 rice. Heat through and serve

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