

Carrot-Lentil Soup

GROCERY LIST

Vegetables:

- carrots (500g)
- red lentils (dried) (200g)
- onions (2)
- garlic (4 cloves)

Other:

- grated coconut (2 ts.)
- vegetable stock (1500ml)
- coconut milk (250ml)

Spices:

- coriander leaves (1 bunch)
- chili (1)
- coriander (ground) (3 ts.)
- cardamom (ground) (1 ts.)
- cumin (ground) (3 ts.)
- pepper

Check for:

- olive oil
- salt