



Spicy Red Lentil Soup

If you enjoy Indian food, you'll love this spicy red lentil soup. We've replaced the yogurt that is traditionally used in Indian cuisine with Tofutti Better Than Sour Cream. Delicious! Look for lentils in the bulk foods section of your natural foods store.

1 cup dried red lentils
5 cups vegetable stock
3 Tbs. Tofutti's Better Than Sour Cream
1 1/2 tsp. curry powder
1 tsp. fresh ginger, minced
1 tsp. cumin
1/2 tsp. salt
Diced red bell pepper for garnish

1. Stir lentils and vegetable stock together in a soup pot; bring to a boil and reduce heat. Cook until lentils are tender (about 25 minutes).
2. Combine about 2 cups of lentils and broth with Tofutti Better Than Sour Cream in a blender. Process until smooth. Return to soup pot and combine with remaining ingredients. Cook until heated through. Serve with a garnish of diced red bell peppers.