

Delicaé Gourmet Product Information

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48371 Thai Curry Lentil Soup

An easy delicious gourmet recipe bursting with exotic Thai flavor.

Just add Tomatoes and Broth.

Ingredients: Lentils, Dehydrated Vegetables (Carrots, Onion, Celery), Curry Powder, Garlic, Cilantro, Ginger, Sugar, Coriander, Cardamom, Cinnamon, Cloves, Cumin and Cayenne Pepper.

Ingredients needed

You will need (4 to 5 quart slow cooker)

1 14½ oz. can of petite diced tomatoes

4 cups of low sodium vegetable broth

4 cups of water

Cooking Instructions

1. Place the chicken in the bottom of the slow cooker.
2. Rinse and sort the beans then layer over the chicken.
3. Layer the contents of the vegetable and spice packets over the beans.
4. Top evenly with the diced tomatoes.
5. Slowly pour the chicken broth (and wine) over the ingredients. **Do not stir.**
6. Cover and cook on high for 5 to 6 hours or low for 9 to 10 hours.
7. Stir in the contents of the pasta packet 20-30 minutes before serving.
8. With a serving spoon shred the chicken before serving.
9. Salt to taste.

Meat Option

Add 2 lbs. of boneless skinless chicken thighs or breasts to the bottom of the slow cooker and proceed with the cooking instructions. If desired you can substitute chicken broth for the vegetable broth.

Serving Suggestions

Before serving add a 13½ oz. can of unsweetened coconut milk and lime juice. This greatly enhances the Thai flavor.

Garnish with lime wedges and fresh cilantro.

Top with sour cream or yogurt before serving.

Add 8 oz. of fresh mushrooms or 1 drained 13 oz. can of mushrooms.

Top with fresh minced ginger.

Add diced tofu cubes before serving.

Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Carefully sort through lentils. Rinse them at least 2 or 3 times. If you prefer soft lentils, soak them, but for no more than 2 hours.
2. In a large 4 to 6 quart stock pot place lentils, add water and broth. On low setting, place pot on stove, then let pot come to a slight boil for 30 minutes.
3. Add contents of the vegetable and spice packets, along with tomatoes.
4. Add chicken, if using meat.
5. Cover and cook on simmer for 2 hours. Stirring often may require more cooking time to determine if done.
6. After checking to determine if done, add the coconut milk and lime juice.
7. Add salt and pepper to taste.
8. Serve garnished with chopped cilantro. (optional)

Nutrition Facts

Serving Size As Packaged 1.9 oz. (99g)

As Prepared 12 oz (345g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared			
Calories	180	200			
Calories from Fat	5	5			
% Daily Value**					
Total Fat 0g*	0%	0%			
Saturated Fat 0g	0%	0%			
Trans Fat 0g					
Cholesterol 0mg	0%	0%			
Sodium 35mg	1%	15%			
Total Carbohydrate 35g	12%	13%			
Dietary Fiber 7g	28%	28%			
Sugars 6g					
Protein 12g					
Vitamin A	130%	130%			
Vitamin C	8%	20%			
Calcium	4%	6%			
Iron	20%	20%			
<small>* Amount in Mix. As prepared, one serving provides 0g total fat (0 saturated fat), 0mg cholesterol, 370mg sodium, 39g carbohydrate (7g fiber, 8g sugar) and 13g protein.</small>					
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>					
	Calories	2,000	2,500		
Total Fat	Less than	65g	80g		
Sat Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydrate		300g	375g		
Dietary Fiber		25g	30g		
Calories per gram:					
Fat	9	Carbohydrate	4	Protein	4