Ingredients

* 2 TBS olive oil
* 4 large onions, chopped
* 1 head cauliflower – small florets
* 1 head garlic, minced
* 1 TSP red pepper flakes
* 8 tomatoes, diced
* 4 sticks of celery – diced
* 10 cups vegetable broth
* 2 cups green lentils – picked through and rinsed
* 2 TSP curry powder
* ¼ cup coconut shavings – finely chopped
* 1 bunch green onions – minced
* Salt and pepper to taste

Procedure

1. Combine olive oil, onion, cauliflower, garlic, and red pepper flakes in a soup pot over medium heat, stirring regularly until the onions soften.
2. Add the tomatoes, and celery and simmer for ≈5 minutes.
3. Add the vegetable broth and prepared lentils and simmer covered until lentils are soft.
4. Add the curry powder, coconut shavings, and fresh chives.
5. Simmer for an additional 10-12 minutes, or however long is necessary for the vegetables to have a soft consistency.
6. Serve hot.