

corn chowder for 2

1 large onion, chopped
1 Tbsp coconut oil (or other healthy oil)
3 cups vegetable broth
3 sundried tomatoes, chopped
2 tsp chili powder
2 tsp cumin powder
1/4 cup cornmeal
2 Tbsp dry green or brown lentils
1/4 tsp salt or to taste
1/2 cup frozen corn niblets

garnishes:

1 Tbsp coconut milk per bowl
1 avocado, sliced
cilantro, chopped
1 lime, quartered

Heat the coconut oil in a large pot and sauté the onion on medium low heat until soft.
Add the broth and the rest of the ingredients.
Cook on medium low heat for 45 minutes, until the lentils are cooked.

Ladle the soup into bowls and garnish with the coconut milk, avocado slices and cilantro.
Squeeze a quarter lime into each bowl.

notes:

Aroy-D canned coconut milk is the best choice as it has no additives
FYI coriander is the seed, cilantro is the green leafy herb... but both are from the same plant
This soup goes nicely with guacamole or a bean salad, and flour or rice tortillas.