

Red Lentil Soup

1 cup red lentils (or mung dahl)
5 cups water
2 tsp safflower oil, olive oil or ghee
Curry leaves (optional)
Veggies (chopped small) such as fresh spinach, carrots, leeks, zucchini, or kale – may omit during purification
1 inch piece fresh grated ginger
2 dashes hing
1/2 tsp cumin seed
1/2 tsp coriander seeds (optional)
1 T cumin powder
1/2 tsp Turmeric powder
1/2 tsp cayenne powder
1/2 lemon
Handful chopped cilantro
Black pepper to taste
salt to taste
Please note: curry leaves may be purchased in an Indian Food store.

Begin by rinsing the legumes until water is clear. Boil the legumes with water separately for 45 min. Add turmeric. In a smaller saucepan heat ghee or oil, add whole seeds and a dash of hing (it should fizz). When cumin seeds begin to brown add ginger, powdered spices, curry leaves and black pepper. Roast spices for 1 minute then add veggies. Stir veggies with spices, cook on medium-high for 2 min. Add salt. Turn to medium heat, cover and simmer until veggies are just tender. Add water only to keep veggies from burning. Whip legumes with a whisk, then add veggies. Bring to boil, turn off, add lemon, cilantro and more salt to taste.