

Dahl Soup

Spicy and warming, but not "hot". The smaller red lentils add a different texture vs. the larger brown or green lentils. Quick and easy to make. Lentils are alkalinizing. Tumeric is anti-inflammatory.

Ingredients:

2 tbs. butter
2 garlic cloves, chopped finely
1 onion, chopped
½ teas. turmeric
1 teas. garam masala
¼ teas. chili powder
1 teas. cumin
2 lb. canned, chopped tomatoes, drained
1 cup red lentils (not brown or green)
2 teas. lemon juice
2 ½ cups vegetable bouillon
1 ¼ cups coconut milk
Salt and pepper to taste
Chopped cilantro and lemon slices for optional garnish

1. Melt the butter in a large pan and cook the garlic and onion for 2-3 minutes, stirring. Add the spices and cook for a further 30 seconds.
2. Stir in the tomatoes, red lentils, lemon juice, vegetable bouillon, and coconut milk. Bring to a boil.
3. Reduce the heat and simmer for 25-30 minutes or until the lentils are tender and cooked.
4. Season to taste. Add garnishes. Serve with warm nan bread if desired.

Source: *Cooks Library Soups, page 42. Paragon publishing, Bath, UK*