

Spiced Garden Soup

(Serves 6)



Ingredients

- ❑ 15 ml olive or coconut oil
- ❑ 1 yellow onion, diced
- ❑ 2 large cloves garlic, minced
- ❑ 15 ml minced peeled fresh ginger
- ❑ 25 ml madras curry paste to taste
- ❑ 7 ml ground coriander
- ❑ 5 ml ground cumin
- ❑ 1.5 L (6 cups) vegetable broth
- ❑ 250 ml uncooked red lentils, rinsed and drained in a colander
- ❑ 1 medium cauliflower, chopped into bite-size florets
- ❑ 1 medium sweet potato, peeled and diced
- ❑ 2 large handfuls baby spinach
- ❑ 2 ml salt
- ❑ freshly ground pepper
- ❑ chopped cilantro for serving

Instructions

- ❑ In a large saucepan, heat the oil over medium heat.
- ❑ Add the onion, garlic and sauté for 5-6 minutes, until translucent.
- ❑ Stir in the ginger, curry powder, coriander, and cumin - sauté for 2 minutes, until fragrant.
- ❑ Add the broth and lentils and stir to combine.
- ❑ Bring the mixture to a low boil, then reduce the heat and simmer for 5 minutes more.
- ❑ Stir in the cauliflower and sweet potato.
- ❑ Cover and reduce the heat to medium-low. Simmer for 20-25 minutes, until the cauliflower and sweet potato are tender. With hand blender blend until mostly pureed but leave some larger pieces.
- ❑ Season with the salt and pepper, and add more curry powder if desired.
- ❑ Stir in the spinach and cook until wilted.
- ❑ Ladle the soup into bowls and top with cilantro, if desired.

Equipment

Medium pot
Measuring equipment
Knives
Cutting mat
Wooden Spoon
Hand Blender
Colander
Soup Ladle