

Indian Lentil Soup

This recipe is a shining example of something that is quick, easy and inexpensive to make and tastes like a million bucks. This vegetarian soup will have meat eaters licking the bowl. The burst of flavours is undeniable. A classy soup from the family vaults that I had to share with you, thanks mom.

2 liters of water
1 cup orange lentils
2 medium carrots
2 celery stalks
1/2 red pepper
juice of 2 large lemons
3 cloves of garlic
small knob of ginger
1 red chili
3 tbsp. fresh corriander
10 curry leaves
1 tbsp. red mustard seed
1/2 tsp. fenugreek
1/4 tsp. tumeric
salt
pepper
1 1/2 tbsp. cooking oil

Slice carrots, celery & red pepper into small pieces (cubed strips). Slice garlic very thinly, garlic into thin strips. Juice of two lemons.

Combine water, lentils, veggies, garlic, ginger, salt and pepper into pot and bring to boil. Don't over boil. When lentils start to break up, turn heat off.

Heat oil in pan, add mustard seed, fenugreek, curry leaves, tumeric, chili and stir heat for two minutes, let spices cool down. Add spices to soup, add lemon and corriander to taste. Stir and serve.