

Red Lentil Soup

serves 3–4

You can make this without the coconut milk, but I like the creaminess to balance the sharp spices.

2 T. olive oil (or coconut oil or ghee)
1/2 tsp. brown mustard seed
1 tsp. whole cumin seed
1 T. finely chopped fresh ginger
(peeled first)
1/2 tsp. turmeric powder
1 cup dry red lentils (available in a Creamery bulk bin)
1/2 tsp. salt (or more to taste)
1 c. chopped carrot (or butternut squash or sweet potato), 1/4" dice

3 1/2 cups water (or veggie stock, but water is fine)
1 medium tomato, chopped (or 1/2 cup canned tomato, chopped)
1 small can coconut milk (or 1/2 of a 14 oz. can)
2 T. chopped parsley or cilantro, if you have some
(optional: several handfuls of fresh spinach torn into small pieces)

Heat oil over medium heat in a small soup pot. Add mustard seed and stir for 30–60 seconds until seeds begin to pop. Add cumin seed and ginger, stirring until just starting to turn golden. (Don't leave the pot or they may burn and become bitter.) Add turmeric and lentils. Stir and cook about one minute. Add chopped carrot (or other veggie), water, and salt. Bring to a boil. If any foam rises to the top, skim it off.

Turn down heat and simmer, uncovered, stirring occasionally. In about 20 minutes the lentils will become soupy and the carrots (or other vegetable) should be tender. Add tomato, coconut milk, and parsley/cilantro and simmer 5 more minutes. Adjust salt and add more water (or coconut milk) to make the consistency you would like. This is traditionally a rather thin soup, but it doesn't have to be. If you are using fresh spinach, add at the end, heating just to lightly cook the spinach. Serve as soup or over hot basmati rice.