

Set 07

# Lentil Soup

- ① 1 tbs oil olive  
1 ½ cup ch. onions  
1 cup ch. celery - 2 tsp garlic  
2 cups cauliflower  
1 cup diced carrots
- ② 1 tbs grated gingerroot  
2 tsp curry powder  
1 tsp each cumin, coriander + chili powder.  
¼ tsp cinnamon  
3 cups veg. broth
- ③ 1 can tomatoes (190g - 540ml)  
1 tbs brown sugar  
1 can lentils (190g - 540ml) rinsed + drained.
- ④ ⅓ cup sour cream.  
2 tsp parsley or cilantro  
Salt + pepper.  
1 tbs brown sugar

① Sauté onions, celery, garlic

Add cauliflower, carrots, gingerroot, curry

② Powder, cumin, coriander, chili powder & cinnamon. Stir until veg are coated with spices & cook 1 minute

③ Add broth, tomatoes, br. sugar & salt. Bring to boil. Simmer 15 mins - add lentils & simmer 5 more minutes. Remove fr. heat.

④ Transfer half of soup to blender & puree. Return puree to pot & add sour cream & cilantro.