

Antioxidant-Rich Red Lentil Soup



I keep jars of lentil soup in the fridge as a staple. Lentils are great sources of protein and iron and they require no presoaking!

1 large sweet onion, diced

1 large red pepper, diced

1 medium potato, diced (optional)

3 tomatoes, diced

2 cups (500 ml) red lentils

4 large garlic cloves, minced

3 Tbsp (45 ml) fresh ginger root, finely grated

2 Tbsp (30 ml) fresh turmeric root, grated (or 2 tsp turmeric powder)

2 Tbsp (30 ml) curry paste

1 Tbsp (15 ml) gara masala

1/8 tsp (1 ml) crushed red pepper or 1 small hot pepper (optional)

8 cups (2 L) vegetable stock*

1 cup (250 ml) diced parsley or cilantro

salt and fresh ground pepper to taste

1/2-1 cup (125-250 ml) thick milk or cream (cashew cream or coconut milk work well)

* Use a homemade or commercial vegetable stock. Alternatively, use 1/4 cup (60 ml) miso, 7 cups (1.75 L) of water, and 1 cup (250 ml) white wine.

Braise onion, garlic and ginger for 5 minutes in about a cup broth or wine until soft and translucent. Stir occasionally. (If you prefer, you can also sauté in a Tbsp (15 ml) olive or avocado oil).

Stir in the rest of the stock, potatoes, red pepper, tomatoes, and seasonings. Reduce heat to medium-low. Cover and cook until for an hour or until potatoes and lentils are done. Stir in parsley, salt, pepper and cream. Serve hot.

Decorate with dehydrated colored peppers or fresh herbs, if desired.

Variations:

1. Replace the potato with 2 cups of mashed squash or pumpkin.
2. Add 2 diced carrots or 2 stalks celery.
3. Squeeze on some fresh lime juice.
4. Adjust seasonings to your palate. Add fresh cumin, if desired.