



Mulligatawny Soup

INGREDIENTS

Ingredients

- ¼ cup butter
- 1 yellow onion, chopped
- 1 carrot, peeled and diced
- 1 red jalapeño, seeded and diced
- 3 garlic cloves, minced
- 2 tsp. ginger root, peeled and minced
- 2 small firm apples, peeled, cored, and diced
- 1 (14.5 oz) can diced tomatoes
- 1 Tbsp. curry powder
- 1 tsp. cumin
- ½ tsp. paprika
- ½ tsp. ground cinnamon
- ½ tsp. turmeric
- ¼ tsp. cardamom
- ¼ tsp. fresh ground black pepper
- ½ tsp. dried thyme
- ½ cup red lentils (uncooked)
- 3 cups chicken or vegetable broth
- ½ cup canned unsweetened coconut milk
- Salt and black pepper to taste
- ½ cup roasted cashews
- ½ cup chopped scallions

DIRECTIONS

1. Sauté the Vegetables
2. Melt the butter in a large pot or Dutch oven over medium-high heat.
3. Add the onion, carrot, and jalapeño. Sauté for 4 to 5 minutes, or until the onions have softened.
4. Add Aromatics and Apples
5. Stir in the garlic, ginger, apples, and diced tomatoes. Cook for another 3 minutes.
6. Sprinkle in the curry powder, cumin, paprika, cinnamon, turmeric, cardamom, black pepper, and thyme. Toss to coat the mixture evenly with spices.
7. Cook the Lentils
8. Add the lentils and broth to the pot. Bring the contents to a boil.
9. Reduce the heat to medium-low and simmer uncovered for 30 minutes.
10. Blend the Soup
11. Puree about 75% of the soup using an immersion blender or by transferring a portion to a standard blender. Leave some chunks whole for texture.
12. Return the blended soup to the pot if necessary and stir in the coconut milk.
13. Season and Serve
14. Taste and adjust the salt and black pepper as needed.
15. Serve the soup topped with roasted cashews and chopped scallions.