

## SPICED



# LENTIL SOUP



SERVES 4-6

You **HAVE** to try garam masala! It's what gives this aromatic, Indian-inspired, kid-friendly, protein-packed soup its complex flavour! It's a versatile spice blend that is delicious on roasted meats and veggies, too!

**INGREDIENTS:**

- ~1 Tbsp olive/other vegetable oil OR butter/margarine
- ~1 medium onion, diced\*
- ~1 medium carrot, peeled and diced\*
- ~2 cloves garlic, minced\*
- ~1/2 tsp garam masala\*
- ~1/4 tsp black pepper
- ~3 cups prepared vegetable/ chicken stock (liquid or prepared from bouillon)\*
- ~1 medium potato, peeled and diced
- ~3/4 cup dried **red** lentils, rinsed and drained OR 3/4 cup rinsed and drained canned lentils (any type, but grab the lightest ones you can find for best soup colour and texture)\*
- ~Juice from 1/2 lemon (about 1-2 Tbsp)\*
- ~Salt\*
- ~Pinches of cayenne or freshly-ground black pepper/few drops hot sauce & toasted, buttered naan/pita, if desired\*

**DIRECTIONS:**

- In medium sauce/soup pot, heat oil over medium-low heat.
- Add onion, carrot and garlic and sweat gently, stirring often, until veggies soften, but do not brown (about 10 minutes)
- Add chicken stock, potatoes, lentils, garam masala and pepper. Stir to combine and simmer gently, lightly covered with lid ajar for about 20-30 minutes/until flavours have melded and all veggies are very soft.
- Remove from heat and purée using an immersion blender or crush well with a potato masher.
- Add lemon juice and stir well. Add a little more stock or water to thin, if necessary (it will also thicken as it sits and cools). If a little more salt or pepper or is needed, feel free to add at the end/after reheating.
- Serve, accompanied by toasted, buttered naan/pita or garnished with cayenne pepper/drizzle of hot sauce.

**\*SWTICH-UPS & SUBSTITUTIONS**

~1 Tbsp onion powder=1 medium onion (add during simmering stage)

~1/2 398 ml tin chopped/sliced carrots, drained= 1 medium carrot (add during simmering stage)

~1/4 tsp garlic powder=2 cloves (add during simmering stage)

~Substitute 1/2 tsp chili powder for the garam masala to make this soup southwestern style, or, omit the spices altogether for a simpler soup

~Keep this soup vegetarian by using vegetable stock/bouillon

~Use 1-2 tsps bottled lemon juice or 1/2-1 tsp vinegar in place of the fresh lemon

~You probably won't need to add salt as bouillon/chicken stock can be quite salty. You may want to add extra salt if the stock you're using is low or no sodium, but add a bit at a time and keep in mind - soups always get saltier as they sit!

~Another great, non-spicy garnish is toasted, buttered naan/pita points! Simply toast lightly in the toaster (or on a baking sheet in a preheated 375 degree oven for about 10 mins). Butter while warm (if desired), and slice into points. Serve alongside bowls of hot soup for dipping.

~If you're looking for a hands-off, super-simple method, simply put all ingredients (except lemon juice) into a slow-cooker and simmer on low for 3-4 hrs. Add lemon juice, purée or mash and serve!



**ADD A BIT OF SUMMER TO YOUR WINTER SOUPS AND STEWS WITH GREMOLATA!**



Garlic, lemon, parsley and olive oil are bright flavours that can do wonders as an addition to a simple soup, stew or grill as well as provide a much needed pick-me-up during the drab (and seemingly unending) winter months! This flavourful condiment is made of only 4 simple ingredients (plus a little salt and pepper) but is so crisp and citrusy it will surely take your winter cooking on a delicious summer vacation!



Combine **1 cup packed, very finely chopped flat-leaf parsley, 2 cloves of very finely minced garlic, the zest of 1 lemon and 1 Tbsp of the juice\***, **1/2 cup olive oil and 1/4 tsp each salt and pepper.** Mix well and store tightly covered in the fridge for up to a week. Add a dollop as a garnish to soups and stews, or, serve as a condiment on sandwiches, burgers, salads or with grilled/roasted veggies, meat or fish.



*\*Zest yellow part of lemon only using a fine grater or by peeling strips with a vegetable peeler and then chopping finely. Be sure to zest or peel the lemon before juicing it... it's almost impossible to zest one after it's been cut!*



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