

## Curried Lentil Soup

In India, it is a traditional side dish for every day meal accompanied with plain boiled rice. It can be served as a main dish by adding more veggies or meat in it, or as a plain side dish. You can vary the amount of water/stock in which you cook the lentils depending on whether it is a main or side dish. Either way it is a hearty dish full of protein, vitamins, minerals, and fiber. Enjoy it in the wintry days as a soup.

### Ingredients

2 cups cooked red lentils, cooked with salt to taste  
1 tbsp. vegetable oil  
1 tsp. cumin seed  
1 medium onion, finely chopped  
1 tsp. minced garlic  
1 tsp. ginger root, minced  
1 large tomato, chopped  
1-1.5 tsp. **Curry's Curry Powder**  
½ tsp. chili powder (optional)  
1/2 tsp ground turmeric  
1 tsp. sugar  
2 tbsp. Greek yogurt or cream, optional  
1 tbsp. fresh cilantro leaves, chopped

### Directions

1. In a large skillet or saucepan, heat the oil and sauté the whole cumin seeds until they are fragrant and start spluttering.
2. Add the chopped onion and cook it until onion is lightly golden brown in color (caramelized).
3. Add the minced garlic and ginger and sauté for another 1-2 min.
4. Now add the chopped tomatoes to the onion mixture along with the turmeric powder, chili powder (if using), curry powder, and sugar. Mix well. Cover the pan and let it simmer for 2-3 min.
5. When the tomatoes are cooked, add the cooked lentils and mix the curry base into the lentils very well. You may add yogurt/cream at this time if you want your lentil to have a creamy texture. Add half of the cilantro leaves and simmer the lentil curry mixture for 2-3 min, stirring occasionally to prevent sticking at the bottom. You may season the lentil with more salt/black pepper, if needed.
6. Remove lentil from heat and transfer to a warm serving bowl. Sprinkle the remaining cilantro leaves to garnish it.

### --Variation:

You can make lentils with numerous variations. Use the above recipe as a master recipe and make your experiments around it according to your taste. Some examples of variations are as follows:

1. Use only cumin seed seasoning and sautéed onion without any other spices to make a simple lentil dish.
2. Add large florets of steamed cauliflower with tomatoes before adding lentils to the spice mixture.
3. Cook whole/halved new potatoes with the lentils and proceed as above.
4. Add chopped, grilled egg plants while cooking lentils along with the curry mixture.
5. Add pieces of sausage or browned meat to the lentil while cooking with the curry base.