

Indian Lentil and Spinach Soup – serves 16

4 Tbsp vegetable oil
4 teaspoons cumin seeds (if using ground cumin, use less)
4 medium-sized red onions
8 garlic cloves
4 teaspoons ground ginger
2 teaspoons garam masala
1 teaspoon turmeric
1 lemon, juiced
4 small tomatoes (Roma are good for this, canned are fine)
4 cups lentils – *yellow preferred – red cook fast and can get mushy*
8 cups fresh spinach or 4 cups frozen chopped spinach, thawed and drained
2 cups coconut milk
Salt to taste
Cayenne pepper, chili powder, or sriracha to taste
Cilantro for garnish (optional)

1. Heat oil in large saucepan, add cumin seeds (they will sizzle upon contact).
2. Add onion, ginger, garlic, garam masala, and turmeric, and cook, stirring constantly, until the spices are fragrant, about 1 minute.
3. Add tomato and cook until soft.
4. Add lentils and 7-9 cups of water (start with 7), reduce heat to low, cover, and gently simmer. Check after 10 mins to see if you need more water (for thinner soup add more water).
5. Stir in spinach, coconut milk, lemon juice, salt, and cayenne/sriracha/chili powder to taste. Cover and simmer until spinach is cooked about 5-10 more mins. Serve hot, garnished with cilantro if desired.