

A Year of Healthy Soup!

FALL COLLECTION

Mulligatawny Soup

Makes 3 quarts soup or 8 servings

- Salt and Pepper
- 1 cup Dried Red Lentils
- 2 cups Cooked Rice
- ¼ cup Olive Oil (or Canola)
- 1 Onion – diced (approx. 2 cups)
- 2 ribs Celery – diced (approx. 1 cups)
- 12 baby or 2 full Carrots – diced (approx. 1-1/2 cups)
- 1 large Red Pepper – diced (approx. 1-1/2 cups)
- 1/3 to 1/2 Butternut Squash – diced (approx. 2 cups)
- 2 Granny Smith Apples – cored, diced, and chopped
- 3 cloves Garlic – crushed
- 1 14.5 oz. can Diced Tomatoes
- 2 tsp. Curry Powder
- 1 tsp. Paprika
- 1 tsp. Turmeric
- 1 tsp. Salt
- 1 tsp. Pepper
- 1 tsp. Dried Thyme
- 1 quart homemade Chicken Stock (see recipes) (can substitute boxed)
- 1 can Coconut Milk
- 8 Basil Leaves – julienned
- 1 Lime – zest and juice

Set oven to 350 degrees. Salt and pepper the chicken, then roast it until cooked thru, approximately 45 to 60 minutes. Allow the chicken to cool a little when done so you can later remove it from the bone. • Cook the lentils by bringing 4 or more cups of water to a boil, then adding the lentils and simmering for 15 to 20 minutes. • Cook the rice in steamer or stovetop. For approximately 2 cups cooked use 1 cup dry with approximately 1-1/2 cups water. (Follow instructions for your type of rice or type of rice cooker.) • When the chicken is cool remove it from the bone and chop it into small pieces. • Add the olive oil to a soup pot or Dutch oven. Heat pot on stove burner set to medium-low heat. Start dicing and chopping the veggies/apples in order as they appear in the list, putting them into the heated pot as each one is ready. (So you start with onions and end with apples.) Stir as you chop and add a shake of salt and pepper to start bringing out the flavors of the veggies. Finally, when all the veggies and apples are in the pot, add the garlic and stir for another minute until you can smell the garlic cooking. • Add the can of tomatoes with juice as well as the spices. Stir for a minute to allow the spices to heat. Add the quart of chicken stock and bring to a simmer. Continue to simmer on low heat until squash is fork tender, approx. 10 minutes. • Emulsify to desired consistency with hand blender/emulsifier or food processor. Don't puree too much, some small chunks are good, but it can be fairly smooth. • Add the chicken, rice, lentils, and any additional stock, if needed. Simmer for another 10 minutes. • Check and adjust seasoning. If soup is too thick, add a little more stock or water. Just remember, to check seasoning and adjust if needed. *Serve with chopped spring onion, cashews or other nuts.*