

# INDIAN MULLIGATAWNY SOUP

## INGREDIENTS

- 1/4 cup butter (or olive oil for vegan)
- 1 yellow onion, chopped
- 1 carrot, peeled and diced
- 1 red jalapeno, seeded and diced
- 3 garlic cloves, minced
- 2 teaspoons peeled and minced ginger root
- 2 small firm apples, peeled, cored and diced
- 3 cups of cubed chicken (cooked)
- 1 (14.5 oz) can diced tomatoes
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon dried thyme
- 1/2 cup red lentils (uncooked)
- 3 cups chicken or vegetable broth
- 2/3 cup canned unsweetened coconut milk
- Salt and black pepper to taste
- Roasted cashews for garnish
- Chopped cilantro and/or scallions for garnish

## INSTRUCTIONS

1. Melt the butter in a large pot or Dutch oven over medium-high heat. Add the onion, carrot, and jalapeno, then saute for 4 to 5 minutes or until the onions have softened.
2. Add the garlic, ginger, apples, and diced tomatoes to the pot. Saute for another 3 minutes, then add in all of the spices and toss to coat. Add in the lentils and broth and let the contents come to a boil. Turn the heat down to medium-low and simmer uncovered for 30 minutes.
3. Puree about 75% of the ingredients using either an immersion blender or by transferring a portion of the contents to the bowl of a standard blender. Leave some of the chunks whole, as it adds a nice texture and consistency to the soup. Return the soup to the pot if needed, then stir in the chicken and coconut milk. Taste, and adjust salt and black pepper as needed.
4. Serve topped with cashew and scallions along with naan bread for dipping.