



Fiery Red Lentil Yam Soup

Enjoy this versatile soup made with yams, sweet potatoes, or regular potatoes, allowing you to tailor it to your taste. You can also choose your spice level to make it as mild or spicy as you like. It's a canvas for your creativity, offering a world of flavors in every bite.

Fiery Red Lentil Yam Soup

This tasty HOT soup can be made with yams or sweet potatoes or potatoes. Increase the heat by adding more of the fiery spice blend of your choice.

Select your favourite Monsoon Coast fiery blend

- 2 - 5 tsp Ethiopian Berbere (or)
- 2 - 5 tsp Monsoon Coast Adobo Seco (or)
- 2 - 5 tsp Jamaican Jerk Rub (or)
- 2 - 5 tsp Durban Curry (or)
- 2 - 5 tsp Goan Vindaloo
- 2 tbsp olive oil
- 2 medium Onions (chopped)
- 2 tbsp Ginger (minced)
- 2 tbsp Garlic (minced)
- 2 tbsp tomato paste
- 2 cups Red Lentils (Washed well and drained)
- 3 cups Yams (cubed)
- 4 whole Carrots (grated)
- 7 cups Stock ((veggie or chicken))
- Salt (to taste)

1. Sauté onions in the olive oil until onions are translucent (about 10 minutes).

2. Add garlic and ginger. Sauté for 2 minutes.
3. Add the hot Monsoon Coast Spice of your choice and Sauté for 2 minutes.
4. Add the tomato paste. Cook 2 minutes.
5. Add the lentils, yams, carrots, stock and salt.
6. Bring to a boil. Lower heat to a simmer. Cover and simmer the soup for about 45 minutes until everything is soft and starting to meld together.
7. Adjust seasoning. Process or blend the soup to make smooth. add more water if it gets too thick.

Soup
African & Levantine
Hot, Vegetarian

Ingredients:

2 TBL olive oil
2 medium onions chopped
2 TBL minced ginger
2 TBL minced garlic
2 - 5 tsp your favourite Monsoon Coast fiery blend. We love to use Ethiopian Berbere , Adobo Seco, Jamaican Jerk Rub, Durban Curry or Goan Vindaloo.
2 TBL tomato paste
2 cups red lentils, washed well and drained
3 cups cubed yams
4 carrots, grated
7 cups stock (veggie or chicken)
salt to taste

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4 - Add the tomato paste. Cook 2 minutes.

5 - Add the lentils, yams, carrots, stock and salt.

6 - Bring to a boil. Lower heat to a simmer. Cover and simmer the soup for about 45 minutes until everything is soft and starting to meld together.

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Enjoy!

Spices Used: Ethiopian BerbereDurban CurryGoan VindalooAdobo SecoJamaican Jerk Rub

Prep Time: 20 mins

Cook Time: 1-1.5 hours