Fiery Red Lentil Yam Soup
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 or 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
SpicesUsed: EthiopianBerbereDurban
CurryGoan Vindaloo
Prep Time: 20 mins
Cook Time: 1-1.5 hours
Instructions:
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. Enjoy!