

RED LENTIL SOUP

from Christopher Kimball and America's Test Kitchen

INGREDIENTS

2 cups water
2 cups dried red lentils
1 tablespoon olive oil
1 yellow onion, minced
6 cloves garlic, minced
2 tablespoons ginger, grated or minced
2 teaspoons garam masala
2 large cans of fire roasted tomatoes, chopped
4 cups vegetable broth or water
1 14-ounce can coconut milk
½ cup fresh cilantro, minced
freshly ground black pepper
½ teaspoon salt
lime (optional)

METHOD

Measure the lentils into a bowl and rinse with cool water. Look for any debris or stones then strain off the water.

In a large pot on medium-high, heat the oil for a minute or two before adding the chopped onions and garlic. When fragrant and just beginning to brown add the minced ginger and garam masala. Stir well and lower to medium for just a few minutes.

Add the rinsed red lentils, the tomatoes and the water. Allow to simmer for 30 minutes to 1 hour before adding the coconut milk.

Add the minced cilantro, then taste to see if you need to and add salt or pepper.

A squeeze of fresh lime is also a delicious addition.