

# Rosie's Mulligatawny

## Vegetables

2 tsp peeled and finely minced fresh ginger  
root

4 medium garlic cloves, minced

2 cups diced carrots

One small onion, finely chopped

½ stick real butter

**IN A LARGE SOUP POT, MELT BUTTER AND SAUTÉ ALL THESE FOR FEW MINUTES**

## Spices

1 TBS Curry powder

1 tsp ground cumin

1 tsp paprika (not smoked)

1 tsp ground turmeric

1 tsp ground cardamom

**THEN ADD ALL THESE**

1 tsp ground cinnamon

½ tsp black pepper

½ tsp dried thyme

1 small bunch fresh cilantro, finely chopped

(about ½ cup...reserve some for garnish)

## Lentils

1 cup red or green lentils (washed and drained)

**THEN ADD THESE**

## Basic broth

Two jars *Williams Sonoma Turkey Gravy Base* (or other Williams Sonoma beef or chicken gravy base)

*For substitutes only:*

It is rich and tart, and needs to be diluted, so any substitute

Should also be thick and rich, add juice ½ to 1 whole lemon or so for tartness)

1 14.5 oz can fire roasted diced tomatoes (don't drain)

**THEN ADD ALL THESE**

1 ½ -2 cups HERDEZ salsa verde MILD

*(1 24 oz jar, or other that is mostly tomatillo based; tis has a tiny kick to it; if substitute*

*has no "heat", use dash red pepper flakes*

*or several shakes of Franks Red Hot sauce)*

*This is NOT a hot dish as the spices will give it enough zing.*

2 cups applesauce

1 cup coconut milk (unsweetened)

Better than Bouillon – chicken stock paste

(1 TB)

## Water

*How thick is it now? Add just enough water to make a soup like consistency (not too thin...) and cook on low to medium heat until the lentils are soft and cooked (30 minutes?)*

*It will thicken up after lentils cook*

**STIR OCCASIONALLY TO GET LENTILS OFF BOTTOM OF POT.**

## Final Adjustments

Now how does it taste?

\* *Need more salt?* Rather than salt add some more Better than Bouillon – chicken paste

\* *Too thick?* Add a little more water.

\* *Too thin?* Thicken with some instant potato flakes

\* *Not tomatoey enough?* Add another can fire roasted diced tomatoes.

\* *Not tart enough?* More Herdez

## Cream

1 cup or so ..heavy cream to taste ( do NOT add until the end on low heat)

*Only when you have it just right, and are ready to serve, add and stir in the cream.*

OMG.

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## INGREDIENT LIST

### Vegetables

2 tsp peeled and finely minced fresh ginger root  
4 medium garlic cloves, minced  
2 cups diced carrots  
One small onion, finely chopped  
½ stick real butter

### Spices

1 TBS Curry powder  
1 tsp ground cumin  
1 tsp paprika (not smoked)  
1 tsp ground turmeric  
1 tsp ground cardamom  
1 tsp ground cinnamon  
½ tsp black pepper  
½ tsp dried thyme  
1 small bunch fresh cilantro, finely chopped

### Lentils

1 cup red or green lentils (washed and drained)

### Basic broth

Two jars Williams Sonoma Turkey Gravy Base  
1 14.5 oz can fire roasted diced tomatoes (don't drain)  
1 ½ -2 cups HERDEZ salsa verde MILD  
2 cups applesauce  
1 cup coconut milk (unsweetened)  
Better than Bouillon – chicken stock paste (1 TB)  
Heavy cream 1 cup  
Instant potato flakes (only if needed)

See recipe on my website with links to some of these name brand ingredients.  
<https://rosesweet.com/soup-for-you/>