

Rosie's Mulligatawny

Vegetables

2 tsp peeled and finely minced fresh ginger root
4 medium garlic cloves, minced

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

2 cups diced carrots
One small onion, finely chopped
½ stick real butter

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.

INGREDIENT LIST

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4 medium garlic cloves, minced
2 cups diced carrots
One small onion, finely chopped
½ stick real butter

Spices

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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/>