
Lentil Vegetable Soup with Indian Flavors

My own concoction, 2015



Servings: 6

1. Heat a large pan, then add the bacon and allow to sizzle on low heat until most of the fat has been rendered. Add the onion and allow to cook for 3-4 minutes.
2. Add the celery and carrots and continue cooking for 3-4 minutes.
3. Add the canned tomatoes (including the juice), the poblano chile, chicken broth, lentils, dried thyme, ground cumin and turmeric. Bring to a simmer.
4. Cover pot and allow to cook slowly for about 20-25 minutes, until the lentils are barely cooked through and the vegetables are fully cooked. Add more broth or water if needed. You may blend part of this if you prefer a more pureed soup. I prefer the texture of the vegetables and lentils. Add the garam masala just before serving and stir into the soup. Scoop into soup bowls and garnish with Greek yogurt or sour cream. NOTE: If you reheat this another day, add another jot of garam masala just before serving.

- 2 slices thick-sliced bacon, chopped (optional)
- 1 large onion, chopped
- 1 cup celery, chopped
- 1 1/2 cups carrots, cut in coins
- 15 ounces canned tomatoes
- 1 whole poblano chile, cut in thin 1" long slivers
- 6 cups chicken broth
- 1 1/2 cups brown lentils
- 1 teaspoon dried thyme
- 1 tablespoon ground cumin
- 1/2 teaspoon turmeric
- 2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons garam masala, added in just before serving
- 1/3 cup Greek yogurt, full-fat, or sour cream

Per Serving (excluding unknown items): 286 Calories; 5g Fat (16.7% calories from fat); 22g Protein; 39g Carbohydrate; 17g Dietary Fiber; 9mg Cholesterol; 1688mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

Carolyn T's Blog: tastingspoons.com
