

Mulligatawny Soup ala Emeril

Adapted from an Emeril Legasse recipe on Food Network



Servings: 8

1. Set a 5-quart Dutch oven over medium heat and add butter and oil. Season the chicken with the garam masala and 1/4 teaspoon of the salt. Once the fat is hot, add the chicken and cook, turning often, until golden brown and fragrant, 6 to 8 minutes. Transfer the chicken to a plate and set aside to cool.
2. Add onions, carrots and celery to the hot pan and saute until lightly caramelized, about 4 to 5 minutes. Add the garlic, ginger and apples to the pan and saute until the apples are caramelized, about 7 to 8 minutes. Add the potatoes, sweet potatoes, and lentils to the pan, along with 4 cups of the chicken stock. Raise the heat to high and bring to a boil. Reduce to a simmer and cook the soup until the potatoes are tender, about 10 minutes.
3. Add the reserved chicken, the remaining 1 teaspoon salt, the pepper, remaining 2 cups of chicken stock if you want the soup to be a thinner consistency, zucchini, squash, spinach, coconut milk, and tomatoes. Continue to cook the soup at a simmer until the lentils and chicken are both tender, 10 to 15 minutes longer. Remove from the heat and stir in the garam masala and cider vinegar. Taste and adjust seasoning, if necessary. If using rice, place 1/4 cup of the rice in a warmed bowl, and pour 8 ounces of the soup over the rice, and garnish with cilantro.

- 2 tablespoons butter
- 1 tablespoon vegetable oil
- 1 1/2 pounds chicken thighs, boneless, skinless, diced
- 2 tablespoons garam masala
- 1 1/4 teaspoons salt
- 2 cups onions, small diced
- 1/2 cup carrots, small diced
- 1/2 cup celery, small diced
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 cup apple, peeled, cored, diced (Granny Smith preferably)
- 1 cup Yukon gold potatoes, diced (optional)
- 1 cup sweet potatoes, peeled, diced
- 1/2 cup lentils
- 6 cups low sodium chicken broth
- 3/4 teaspoons freshly ground black pepper
- 3/4 cup zucchini, diced
- 3/4 cup yellow squash, diced
- 2 cups baby spinach, tightly packed
- 14 ounces coconut milk, unsweetened
- 1 cup tomato, seeded and chopped
- 1 tablespoon apple cider vinegar
- 2 tablespoons garam masala, added at the end
- steamed white basmati rice for serving (optional)
- 1/4 cup cilantro leaves, whole, chopped fresh for garnish

Per Serving (excluding unknown items): 525 Calories; 32g Fat (53.4% calories from fat); 26g Protein; 37g Carbohydrate; 8g Dietary Fiber; 91mg Cholesterol; 593mg Sodium; 11g Total Sugars; trace Vitamin D; 125mg Calcium; 5mg Iron; 1074mg Potassium; 346mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com