

Spicy Lentil Soup

My own concoction



This has hints of Indian, Thai and American flavors in it.

- 1 whole ham hock (about a pound)
 - 3 pieces chicken thigh, no skin, R-T-C (or use left over chicken meat added to the soup later)
 - 1 large onion, peeled, chopped
 - 1 whole cinnamon stick
 - 1 whole bay leaf
 - 4 whole cardamom, pods
 - 3 quarts water, or use chicken broth if you are using left over chicken meat instead of the bones added to the broth part
 - 4 tablespoons ginger garlic paste (or use some fresh ginger ground fine and several cloves garlic)
 - 2 tablespoons ground cumin
 - 1 tablespoon turmeric
 - 1 tablespoon curry powder, medium hot
 - 1/2 teaspoon red chili flakes
 - 1/2 tablespoon garlic chili paste
 - 2 cups lentils, small, any color
 - 1 pound mushrooms, chopped
 - 2 cups celery, sliced
 - 15 ounces coconut milk, light, if available
 - 2 cups Greek yogurt, full-fat
 - 1 1/2 tablespoons garam masala
 - Salt and freshly ground black pepper to taste
- TOPPINGS:
- 2/3 cup green onions, chopped (both white and green part)
 - 1/3 cup cilantro, minced
 - Green yogurt to taste

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 10

This is ideal for using some leftover ham - mostly the bone. This soup has very little meat in it (maybe about 1 1/2 cups at most). It's also a thinner style soup. If you like it really thick, just use a lot less water. If you use low fat or fat free yogurt do not bring the pot to a boil at all or the yogurt will separate. Full fat Greek yogurt can tolerate a light simmer, but this is best just heated through enough to serve.

1. Add water to a very large stock pot, then add the ham hock (or leftover ham bone with some ham meat attached), chicken, onion, cinnamon stick, bay leaf, cardamom pods, ginger garlic paste, ground cumin, turmeric, curry powder, chili flakes, garlic chili paste. Bring mixture to a boil. Reduce heat and simmer for about 45 minutes. Remove ham and chicken into a bowl and set aside to cool.
2. Add lentils to the soup pot, bring to a boil again, reduce heat and simmer for 15-30 minutes, until lentils are still under-done. How long that is will depend on what kind and size lentils you use.
3. Meanwhile, prepare mushrooms and celery. Add to pot and simmer for about 10 minutes only (you want the veggies to have texture). While that's cooking, remove the ham and chicken meat from the bones and tear or cut into small bites and add into the soup for the last 2-3 minutes to heat through.
4. Prepare the garnishes and set aside.
5. When the soup is done, add the coconut milk and yogurt. Heat through, then add the garam masala. Taste for seasonings (salt will be needed).
6. Scoop about 2 cups out into wide, flat soup bowls and garnish with green onions, cilantro and a dollop of Greek yogurt.

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Per Serving (excluding unknown items): 377 Calories; 18g Fat (41.3% calories from fat); 21g Protein; 38g Carbohydrate; 17g Dietary Fiber; 38mg Cholesterol; 86mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat.