



Indian Comfort Food Soup

From: Conlan Lang

Serves: 12-15

Prep Time: 30 min

Cook Time: 2 hours

Instructions

- 1) Soup Base: place tomatoes, cherry tomatoes, quartered onion, garlic, and red bell pepper on a baking sheet, drizzle with olive oil and top with spices 1. Roast at 350 degrees for 40-60 minutes. Put all veggies in a stock pot with hot veggie broth and blend with an immersion blender until smooth.
- 2) In a separate pan, add diced onion, ginger, and spices 2 and sauté until onions are translucent and fragrant. Mix in butter and flour to form the roux. Add this roux to the blended base.
- 3) Add potatoes and cauliflower to soup and simmer until fork tender—about 40-60 minutes.
- 4) Stir in Greek yogurt.
- 5) Pan fry paneer and either use it as a topper, or add it to the soup.

Notes

Test note

Ingredients

- 10-12 tomatoes—vine ripe or roma—quartered
- 1 onion—quartered
- 10 oz pack cherry tomatoes
- 2 red bell peppers—quartered
- Olive oil
- Spices 1: Salt, Pepper, Chili powder
- 4 cups veggie broth
- 1/2 onion—diced
- 2 tbsp fresh ginger—diced
- Spices 2: Salt, pepper, garam masala, cumin, turmeric, chili powder, cayenne
- Roux: 3 tbsp butter, 3 tbsp flour
- 1 head cauliflower—cut into florets
- 1.5 lbs petite gold potatoes—quartered
- 1/2 cup Greek yogurt
- 12 oz paneer—cubed

