



# Moroccan Leftover



From: Conlan Lang

Serves: 10+

Prep Time: 30 min

Cook Time: 1.5 hours

## Instructions

- 1) In a stock pot over medium heat, add a splash of avocado oil, just enough to cover the bottom of the pot.
- 2) Once oil is heated, add your onion, carrot, & ginger, allow them to sweat until fragrant and onions are translucent.
- 3) Add the garlic and sauté until garlic begins to brown.
- 4) Add in your spices, and remember the golden rule: If you ain't sneezin', it ain't season'd". Allow these to bloom, and be conservative with the cinnamon, clove, nutmeg, and cardamom. A little bit goes a long way here to expand the flavor profile, and you can definitely overdo it.
- 5) Once the spices have bloomed and you begin to see a nice fond start to form on the bottom of the pot, add the potatoes, lentils and vegetable stock. This is also where I stir in the tomato paste to help it thicken. Bring to a simmer and cover for 30-40 minutes, until the potatoes and carrots are cooked through.
- 6) While the main soup simmers, cut your eggplant longways into longer sheets, lightly salt each side, and press with paper towel to release the excess water.
- 7) Once eggplant is dry, grill the slices on each side until nice grill lines develop and eggplant develops a deeper color.
- 8) Towards the end of the soup simmering, stir in the coconut milk, then cut the eggplant into smaller pieces and add into soup as it finishes.
- 9) Serve with toppers and enjoy!

## Notes

## Ingredients

- 1 Red Onion, Diced
- 2 Carrots, Peeled and Sliced
- 2 Tbsp fresh Ginger, diced
- 5 Cloves Garlic, Diced
- 3-4 Medium Potatoes, Peeled and Chopped into roughly 1 inch cubes
- 2 Cups Green Lentils, rinsed
- 8 Cups Vegetable Stock
- 1 6oz can Tomato Paste
- 1 13oz can coconut milk
- 1 Eggplant sliced into sheets longways
- Avocado Oil
- Spices (from most to least used): Cumin, Turmeric, Pepper, Salt, Chili Powder, Paprika, Cinnamon, Clove, Nutmeg, Cardamom, Cayenne, Red Pepper
- Toppers: Feta, fresh Cilantro, Sunflower Seeds

