



Vegetarian Mulligatawny

From: Kevin Schokora

Prep Time: 30 min

Serves: 10+

Cook Time: 1.5 hours

Instructions

- 1) Sauté Aromatics: In a large pot, heat oil over medium heat. Add onion and sauté until soft (about 5 mins). Stir in garlic and ginger; cook 1 minute.
- 2) Add Veggies & Spices: Add diced carrot and apple. Stir in cumin, coriander, turmeric, cinnamon, and cayenne. Cook 2-3 minutes to toast spices.
- 3) Simmer with Lentils & Chickpeas: Add red lentils, chickpeas, and broth. Bring to a boil, then reduce heat, cover, and simmer for 20-25 minutes, until lentils and carrots are tender.
- 4) Blend (optional): For a creamy soup, use an immersion blender to blend partially or fully. You can also leave it chunky if you prefer.
- 5) Add Coconut Milk, Lemon, Water Chestnuts: Stir in coconut milk, lemon juice, water chestnuts. Simmer gently for another 5 minutes. Season with salt and pepper.
- 6) Mix yogurt and cream until smooth and a little runny, add additional coriander, cumin, and cayenne pepper based on feeling
- 7) Serve: Garnish with yogurt and cream topper, smoked paprika to taste, and serve.

Notes

Ingredients

- 1 tbsp oil or ghee (coconut or olive oil work well)
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 inch fresh ginger, grated
- 1 carrot, diced
- 1 apple, peeled and diced (sweet like Fuji or Gala)
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp turmeric
- 1/4 tsp cinnamon
- 1/4 tsp cayenne (optional, to taste)
- 1/2 cup red lentils, rinsed
- 1 (15 oz) can chickpeas, drained and rinsed
- 4 cups vegetable broth
- 1/2 cup coconut milk (fullfat or light)
- Juice of 1/2 lemon
- Salt & pepper, to taste
- 1 can of water chestnuts
- 1 cup of Greek yogurt
- 1/3 cup of heavy cream

