

Mulligatawny Soup

by Kyong A

Sauté on med high heat in a large soup pot:

(Sautéing in oil helps your food to keep its shape after boiling for a long time.) 2-3 T coconut oil

- 1 onion, chopped
- 1 c green lentils, sorted, rinsed and drained
- 3 carrots, chopped or sliced
- 3 stalks celery, halved and chopped
- 2 lg potatoes or 8 small new potatoes, cubed

Add to veggies:

- 10 c boiling water
- 1/2 t lime or lemon juice (I had lime on hand)
- 3 1/2 T Bragg's Liquid Aminos
(If you can't get this, you could salt to taste and maybe add 1 T soy sauce?)
- 1 T olive oil
- 1 T chicken bouillon base (I used Better than Bouillon brand from Walmart)
- 2 c cooked chicken, diced
- 1 Homemade Mulligatawny Seasoning Packet (see below)

I pressurized this for about 10 minutes on high, but basically if you don't have a pressure cooker, just cook as long as it takes to cook the lentils and veggies--my guess is 15 more minutes since you already partially cooked them in oil. Check to see all foods are cooked. Enjoy with Naan or Pita Bread...

Homemade Mulligatawny Seasoning Packet

- 2 T parsley, dry
- 1/4 t black pepper (I like coarsely ground)
- 1 t garam masala
- 3/4 t garlic powder
- 1 T cilantro, dry
- 1 T + 2 t curry powder

(I get my curry powder at Walmart in the Mexican spices section: super cheap spices in plastic bags for 88 cents; same for the cilantro)

I started to make a stash of this Seasoning Packet in snack-sized Ziploc baggies because I liked this soup that much! I wanted the spices portion of this recipe to be super quick after I had the veggies, beans and chicken in the boiling water.