

## Power Vegetable Red Lentil Soup

15 mL	olive oil or coconut oil
1/6	large onion, diced
25 mL	red onion, diced
2	garlic cloves
½	inch piece of ginger grated or 1 tsp ginger paste
2 mL	each cumin seeds and fennel seeds
2 mL	each paprika, cumin, coriander, chili powder, pepper
5 mL	each dried mint and salt
125 mL	cauliflower florets, chopped
125 mL	diced tomatoes with juice
125 mL	canned chickpeas, drained and rinsed
½	carrot, peeled, rinsed, diced
1/6	yam, peeled, rinsed, diced
125 mL	dry split red lentils, rinsed and drained
625 mL	water
10 mL	vegetable or chicken broth powder
25 mL	corn
80 mL	fresh kale, chopped
10 mL	lemon juice
1-2 mL	chili flakes (optional)

Garnishes ( seeds, nuts, fresh herbs, croutons, dried onions, lemon zest, avocado)  
Salt and Pepper to taste

1. Heat oil in the bottom of a large pot. Saute the onion, garlic, fennel seeds, cumin seeds and ginger for 2 mins. **DO NOT LET ONIONS OR GARLIC BURN!!!**
2. Add the water, broth powder, lentils, tomatoes, spices, cauliflower, sweet potato, chickpeas, carrots, corn, salt and pepper.
3. Bring the mixture to a boil and then reduce to simmer for 20-25 mins or until vegetables are cooked through.(test with a fork). Add lemon juice.
4. Transfer two ladles of the soup into the blender and blend till smooth. Stir this back into the soup. Stir in the chopped kale and heat through for 5 mins. Do a final taste teste to adjust flavor.
5. Serve the soup garnished with your choice of: chopped fresh herbs, avocado, lemon zest, dried fried onions, crunchy seeds, nuts or croutons.