

## ***Dhal (Lentil Soup)***



### **Ingredients**

1. 4 cups water
2. 2 cups dry lentils
3. 1/2 teaspoon fenugreek seeds
4. 1/2 teaspoon mustard seed
5. 10 cups water
6. 2 tablespoons olive oil
7. 6 cloves garlic, chopped
8. 2 cups onion, chopped
9. 1/2 teaspoon dried chili pepper, crushed
10. 4 carrots, chopped
11. 3 large stalks celery, chopped
12. 1 teaspoon salt
13. 1/2 teaspoon ground turmeric
14. 1 teaspoon curry powder

## ***Dhal (Lentil Soup)***

15.2 tablespoons chicken bouillon powder

16.3 tablespoons soy sauce

### **Directions**

1. In a medium-sized soup pot, add 4 cups water, lentils, fenugreek seeds, and mustard seeds and soak for about 1 hour. When softened, drain and rinse well.
2. In a large soup pan, add 10 cups water and drained lentil mixture and bring to a boil. Reduce heat and simmer for about 1/2 hour, or until lentils are soft.
3. In a saucepan, sauté olive oil, garlic, and onions until lightly browned.
4. Add onion mixture, crushed chili pepper, carrots, and celery to large soup pan. Cook for 15 minutes, or until carrots are tender.
5. Puree soup in batches in a blender or food processor. Return to soup pan and add salt, turmeric, curry powder, chicken soup base, and soy sauce. Simmer for another 5 minutes and then serve.

**Yields:** 12 servings