**Lentils & Vegetable Soup**

Prep time: 15 min Cook time: 30 min

**Ingredients:**

* 1 cup black masoor or whole mung dal (rinsed and soaked for 10 minutes)
* 4 cups vegetable broth (made by powdered vegetable stock)
* 1 onion chopped
* 2 carrots peeled and chopped
* 4 large tomatoes diced
* 1 cup kale or amaranthus leaves chopped
* 2 tsp powdered jeera
* 1 tsp curry powder
* ½ tsp chili powder
* 1 tsp minced garlic
* 2 tbsp extra light olive oil
* 2 tbsp lemon juice
* Low sodium salt & pepper to taste

**Instructions:**

1. Heat olive oil in a pot over medium heat. Add the chopped onion and carrot, and cook until the onion has softened.
2. Stir in the garlic, jeera (cumin seeds), curry powder, and chili powder, and sauté for 2 minutes. Then, add the tomatoes and cook for 5-6 minutes until the water is almost evaporated.
3. Pour in the dal (lentils) and vegetable broth, and add salt. Bring the mixture to a boil. Partially cover the pot and let it simmer for 25 minutes.
4. Turn off the flame and allow the soup to cool slightly. Transfer half of the soup to a blender and puree until smooth.
5. Pour the blended mixture back into the pot with the remaining soup.
6. Add the chopped kale or amaranthus leaves and cook for an additional 5-6 minutes.
7. Stir in the lemon juice and adjust the seasoning with salt and pepper to taste.
8. Serve hot with sourdough bread or 100% whole wheat toasted bread.