

# SRI LANKAN LENTIL SOUP

by Dr Chau Tran



“This fragrant soup is amazingly creamy if you blend it to smooth, or you can keep it chunky as you prefer.”

*The key to this soup is the delicious spices: building on this base, you can vary it in all kinds of ways.*

## Ingredients

- 2 large onions, finely chopped
- 2 cloves garlic, minced
- 1 fresh red chilli, chopped (optional)
- 2-3 cm thumb of fresh ginger, finely chopped
- 1 ½ tsp ground turmeric
- 1 ½ tsp ground cumin
- 1 ½ tsp ground coriander
- ½ tsp cayenne pepper (optional)
- 1 carrot, chopped into bite-sized pieces
- 4 potatoes, chopped into bite-sized pieces
- 1 cup red lentils
- 2 litres of home-made vegetable stock
- 3 curry leaves
- 2 sticks lemongrass, halved lengthwise (optional)
- 2-3 large handfuls of kale, de-stemmed and chopped roughly (optional)
- To serve (optional): 4-8 slices toasted wholemeal bread

## Directions

1. Sauté the onion, garlic, chilli, ginger and spices in a large saucepan over medium heat for around 3 minutes, using splashes of water to avoid sticking.
2. Add the carrot and potatoes.
3. Wash the lentils until the water runs clear. Add them to the pan along with the vegetable stock.
4. Add the curry leaves and lemongrass, and simmer gently with the lid on for 20-30 mins until the lentils are soft.
5. Put the kale in about five minutes before the end.
6. Remove the lemongrass and curry leaves, and blend with a hand-held stick blender until you reach desired consistency.
7. Serve as is or with crusty wholemeal bread.

### Notes:

- Substitute potatoes for sweet potatoes, squash or pumpkin.
- Try yellow split peas instead of red lentils (cook time will vary).
- Frozen kale or spinach are a great alternative if you don't have fresh on hand.

**PREP TIME: 15 MINS**

**TOTAL TIME: 45 MINS**

**SERVES: 4**

*Dr Chau Tran is a Consultant Endocrinologist and Physician based in Sydney, working as a public hospital Staff Specialist and also consulting in community private practice. He is passionate about public health and preventative medicine, and hopes to empower his patients, colleagues and the community with knowledge about the healthful benefits of whole food plant-based nutrition.*

