

Recipe:

CURRIED RED LENTIL SOUP WITH CHICKPEAS AND QUINOA

1 tablespoon oil
½ cup onion, chopped
½ cup carrot, chopped
½ cup celery, chopped
1 tablespoon garlic, chopped
1 tablespoon ginger, chopped
1 tablespoon curry powder (or 1 tablespoon garam masala + 1 teaspoon turmeric)
1 cup red lentils
3 cups chicken stock (or vegetable broth)
1 (28 ounce) can diced tomatoes
1 tablespoon chili sauce (such as sambal oelek, or to taste)
1 (19 ounce) can chickpeas, rinsed and drained
1 cup quinoa, cooked
salt and pepper to taste

Directions:

1. Heat the oil in a pan.
2. Add the onions, carrots and celery and saute until tender, about 10-15 minutes.
3. Add the garlic, ginger and curry powder and saute until fragrant, about a minute.
4. Add the lentils, stock, tomatoes and chili sauce.
5. Bring to a boil, reduce the heat and simmer until the lentils are tender, about 10-15 minutes.
6. Add the chickpeas and quinoa and warm them up.
7. Season with salt and pepper and serve with a garnish of cilantro and a dollop of Greek style yogurt.

Enjoy!