



Dal (Lentil Soup) for Strong Immunity

Serves 4-6

Ingredients

- 2 cups organic red lentils
- 6 cups water
- 2 medium tomatoes, chopped
- 4" fresh ginger root, peeled and grated
- 2 tsp turmeric
- 1 Tbsp fenugreek seeds
- 1 cinnamon stick
- 5 cardamom pods
- 5 bay leaves
- 3 sticks celery
- 2 Tbsp ghee
- 2 tsp cumin seeds
- ½ tsp chili powder
- 1 handful chopped parsley
- Juice from ½ lime, fresh squeezed
- Salt and pepper to taste



Directions

1. Soak lentil for a few hours or overnight.
2. Rinse the lentils well.
3. In a large pan, boil together the lentils, tomatoes, ginger, turmeric, cardamom, cinnamon stick, fenugreek seeds and bay leaves.
4. When the lentils begin to break up, add the celery. Alternatively, for a quick recipe, pressure-cook the lentils with the above ingredients and meanwhile, steam the celery.
5. In a wok or frying pan, heat the ghee. Turn the burner to warm and add the cumin seeds. When they have browned, add the chili powder. Immediately add to the cooked lentil-celery mix. It will sizzle as you add it. Cook for ten minutes to let the flavors mingle.
6. At the last minute, drop in the parsley
7. Add lime juice and salt and pepper to taste.