

Indian-Spiced Lentil Soup

(Adapted from the recipe on p. 78 of *Vegan Planet* by Robin Robertson)

½ cup water
1 medium yellow onion, chopped
2 celery ribs
1-2 small sweet potatoes, peeled and diced
3 garlic cloves, minced
1 14.5-ounce can diced tomatoes, undrained
1 tsp. peeled and minced fresh ginger
½ tsp. ground cumin
½ tsp. ground coriander
pinch of cayenne (1/8 tsp. was a bit too spicy for my kiddos)
1 ½ cups dried brown lentils, rinsed
5 cups vegetable stock or water
¼ cup minced fresh cilantro leaves
salt and freshly ground pepper to taste

1. Saute onions, celery, sweet potato, and garlic in ½ cup water over medium heat. Cover and cook about 10 minutes or until softened.
2. Add juice from the tomatoes, then chop the tomatoes (optional) and add them to the pan.
3. Stir in ginger, cumin, coriander, and cayenne.
4. Add the lentils and vegetable stock. Bring to a boil.
5. Reduce the heat to low, cover, and simmer about 30 minutes or until the lentils are tender, stirring occasionally.
6. Add the cilantro, salt, and pepper. Cook for another 10 minutes so the flavors can blend.

Serves 6-8.