

Sip, Slurp and Savour ...

Homegrown Hydroponics Inc.

Lentil Sambar Spice Soup

Ingredients

- 1 Onion (diced)
- 2 Cloves of Garlic (diced)
- 1 Carrot (diced)
- 4-6 Okra (chopped)
- 1/2 Tomato (chopped)
- 1 cup Red Lentils (rinsed)
- 3 cups of Water
- 1 tsp Salt (or to taste)
- 1 tbsp Grapeseed Oil (or any vegetable oil)
- 1/4 tsp Turmeric Powder
- 1 tsp Coriander Powder
- 2 tsp Sambar Powder
- 2 tbsp Chopped Cilantro



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Method:

Sauté onion and garlic until soft and very slightly golden-not browned.

Add the water and bring to a boil.

Add lentils and salt, continue to simmer for about 15 minutes.

Add vegetables and other spices including cilantro and continue to cook on low. Simmer for another 15 minutes or until vegetables are soft.

Soup is best made ahead of time (a couple hours) while the flavours melt together.

Serve hot.

This recipe yields 4 servings.



Recipe courtesy of Homegrown Hydroponics Inc.
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For more information, visit www.soupalicious.ca