

Mixed Lentils Soup (6 Servings)

- One 9.5 oz jar of **Seven Happy Seeds Mixed Lentils Soup Mix**
- 2 large garlic cloves finely chopped
- ½ teaspoon gingerroot finely grated
- 1 large tomato finely diced
- 1 medium white or brown onion finely chopped
- 2 tablespoons cilantro finely chopped, and a few sprigs for garnish
- 1 teaspoon salt (or to taste)
- 1 teaspoon dark brown or white granulated sugar
- 2 tablespoons Ghee (clarified butter) plus 1 tablespoon for topping
- 3 cups of water, chicken, or vegetable broth (more liquid can be added later for a thinner consistency).

Grocery List:

Onions

Tomatoes

Gingerroot

Garlic

Cilantro

Ghee

1. Rinse and soak lentils in a wide mouth pot in **warm water** (covered) for 20 minutes.
 2. Heat ghee just until melted in a separate small cooking pan, and add garlic, ginger, tomatoes and onions. Sauté for a few minutes until onions and tomatoes are soft.
 3. Add contents of spice pouch to pan, and sauté for a couple of minutes for the spices to be aromatic.
Note: Be careful to not inhale raw spices.
 4. If desired, 1 cup of chopped/diced mixed vegetables of your choice may be added e.g. carrots, seasonal squash, etc., to the pan, and cooked (covered) for 3-4 minutes, or until vegetables are soft but not mushy.
Note: Vegetables may be steamed and added to the soup in the last 5 minutes.
 5. Add sautéed vegetables and spices to the container with soaked dal. Add half of chopped cilantro, salt, and sugar, and give a good stir to mix all ingredients.
 6. Cook about 5 minutes on medium high heat to bring soup to a boil. **Skim and discard foam on top.**
 7. Cook for another 5 minutes, then turn heat to medium low and simmer until dal is creamy, about 15 minutes. Cover pan with a lid for the last 5 minutes. Lentils are cooked when mashed with the back of a spoon.
 8. Turn heat off, and rest covered for 5 additional minutes. Ladle portions into bowls.
- Top each bowl with ghee and Cilantro sprigs and serve with steamed white rice or roti (Indian flatbread).

Note: If using slow cooker method, soak mung dal in the cooking insert, and add all other ingredients including ghee (melted) and spices just before starting the cooker. Reduce quantity of water to 2½ cups and skim off any froth that develops on top after soup boiling. Once the froth settles down, cover and cook until creamy (cooking time will vary as per heat setting).

If using Instant Pot or pressure cooker, no need to soak mung dal; just rinse dal and put all ingredients in cooking insert, stir to mix, and cook with heat settings and water quantity recommended for lentils in the instruction manual.