

Dall (Lentil) Soup

Submitted by: Fahima Gaheez

Directions:

1. Wash and strain dall (mung bean lentils) a few times.
2. Boil 2 cups of washed dall in 8–10 cups of water for 20 minutes or until lentils are soft.
3. Set aside.
4. In another pan, stir the onions and oil over medium heat until the onions turn golden brown.
5. Add 1/2 cup water to the onion and oil mixture, and boil for an additional 5 minutes.
6. Add the onions, oil, and water to the lentils.
7. Add dry spices but only half of the turmeric and half of the chopped garlic.
8. In another pan, add 2 tablespoons of oil and flour (or gluten-free substitutes).
9. Stir a few times, and add the other 1/4 teaspoon of turmeric and rest of the garlic and 1/2 cup of water.
10. Stir after adding each ingredient until the lumps are dissolved.
11. Add the mixture to the lentils and stir well.
12. At the very end, add celery and more pepper (black or red) or a jalapeno, to taste.
13. Let simmer at medium heat for 5 minutes.
14. Add cilantro to top it off.

Note: You can add water to thin the soup.

For God hath not given us a spirit of fear, but of power, and of love, and of a sound mind.

2 Timothy 1:7

Submitted by Jean Christianson

Gluten Free Optional

Vegetarian Yes

Dairy Free Yes

Ingredients:

- 2 cups any dall (I use yellow mung dall-lentils.)
- 2 medium onions, finely chopped
- 2 tablespoons oil (I use extra virgin olive oil.)
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander seeds
- 1/4 teaspoon ground curry powder
- 1/2 teaspoon turmeric, divided
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 4–6 cloves garlic, finely chopped
- 1 tablespoon freshly-grated ginger root
- 2 tablespoons of oil
- 1 tablespoon flour (Gluten-free option: Substitute ground chia seeds or ground flaxseed or corn starch.)
- 2 cups celery
- 1/4 to 1/2 teaspoon ground hot red pepper (optional, if you like it hot)
- chopped up jalapeno (optional, if you like it hot)
- 1/4 cup cilantro, chopped