



Fiery Red Lentil Yam Soup

Ingredients:

2 TBL olive oil
2 medium onions chopped
2 TBL minced ginger
2 TBL minced garlic
2 - 5 tsp your favourite Monsoon Coast fiery blend. We love to use Ethiopian Berbere , Adobo Seco, Jamaican Jerk Rub, Durban Curry or Goan Vindaloo.
2 TBL tomato paste
2 cups red lentils, washed well and drained
3 cups cubed yams
4 carrots, grated
7 cups stock (veggie or chicken)
salt to taste

Spices Used: Ethiopian Berbere Durban Curry Goan Vindaloo Adobo Seco Jamaican Jerk Rub

Prep Time: 20 mins

Cook Time: 1-1.5 hours

Instructions:

- 1 - Sauté onions in the olive oil until onions are translucent (about 10 minutes).
- 2 - Add garlic and ginger. Sauté for 2 minutes.
- 3 - add the hot Monsoon Coast Spice of your choice and Sauté for 2 minutes.
- 4 - Add the tomato paste. Cook 2 minutes.
- 5 - Add the lentils, yams, carrots, stock and salt.
- 6 - Bring to a boil. Lower heat to a simmer. Cover and simmer the soup for about 45 minutes until everything is soft and starting to meld together.
- 7 - Adjust seasoning. Process or blend the soup to make smooth. add more water if it gets too thick. Enjoy!