

## CURRIED LENTIL SOUP

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|---|---|
| 1 tbsp (15 mL) oil  | 1 cup (250 mL) diced carrots                                |
| 1 cup (250 mL) finely chopped onion                                     | 1 cup (250 mL) diced celery                                 |
| 1 clove garlic, finely chopped  | 3/4 cup (175 mL) dried green lentils,<br>rinsed and drained |
| 2 tsp (10 mL) curry powder  | 1 tsp (5 mL) salt   |
| 3/4 tsp (3 mL) cumin  | 1/4 cup (50 mL) chopped fresh cilantro                      |
| 3/4 tsp (3 mL) coriander  | Yogurt, optional  |
| 4 cups (1 L) canned chicken or vegetable broth                          |   |
| 1 cup (250 mL) dry red wine, canned<br>chicken broth or vegetable broth |   |

Heat oil in a Dutch oven over medium heat. Add onion and garlic; saute until onion is softened, about 5 minutes. Stir in curry powder, cumin and coriander; cook, stirring, for 1 minute. Stir in broth, wine, carrots, celery, lentils and salt. Bring to a boil. Reduce heat; cover and simmer, stirring occasionally, until lentils and carrots are tender, about 35 minutes. Stir in cilantro. Serve topped with a drizzle of yogurt. Serves 4.