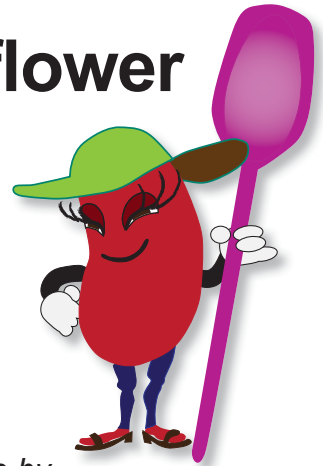


Beans, Rice And Everything Nice



Cauliflower Dahl Soup



original recipe by
beansriceeverythingnice.weebly.com

Ingredients

1/2 teaspoon ground turmeric
1 Tablespoon minced ginger
1 cup red lentils,
sorted and washed
6 cups water, divided
1 small head cauliflower
1 14-ounce can diced tomatoes
1 teaspoon whole cumin seed
2 teaspoons whole coriander seed
1 cup chopped cilantro
salt and pepper to taste

1. Measure out the spices and set aside. Sort the red lentils, picking out any grain or small stones you may find. Wash in several changes of water until the water runs clear. Add the lentils to a large soup pot on the stove. Mince the ginger and add it along with the turmeric to the lentils in the pot. Add 4 cups of water. Cover with a lid. Bring to a boil over medium-high heat. Reduce heat to low-medium, and let simmer for 15 minutes.
2. While the lentils are cooking, wash and cut the cauliflower into small florets.
3. When the lentils are cooked, add the cauliflower, diced tomatoes, and 2 more cups of water. Turn up the heat to medium-high and return to a boil. Reduce the heat to low-medium again and simmer for another 10 minutes. Stir occasionally as the lentils may stick to the bottom of the pan.
4. While the cauliflower cooks in the soup, toast the whole spices in a dry stainless steel pan. When the seeds are toasted to your liking, remove them from the pan, allow to cool slightly, and gently break them up in a mortar and pestle, a spice grinder or with a large rock on your counter top or cutting board.
5. Chop the cilantro. When the soup is done, add the broken spices and the chopped cilantro to the soup pot, and mash the cauliflower a bit with a potato masher. Stir to combine. Serve.