

# Beans, Rice And Everything Nice

## Spicy Tomato Kabocha Squash – Stove Top Soup



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

1 small onion, diced  
2 cloves garlic, minced  
1 inch of ginger, peeled and minced  
1/2 teaspoon ground turmeric  
1/2 cup red lentils, sorted and washed  
2 cups hot water  
2 stalks celery, washed, trimmed and sliced  
1/2 of a 4lb kabocha squash, peeled and cubed (about 4 cups)  
1 28 ounce can diced tomatoes  
4 cups hot water  
2 tablespoons **rasam powder**  
1 whole dried chile  
10 curry leaves, fresh or dried  
1/2 teaspoon whole brown mustard seeds  
1/2 teaspoon whole cumin seeds  
cilantro to taste, chopped  
fresh lime juice to taste

1. In a large soup pot over medium heat, saute the onions until translucent, adding water if needed to prevent sticking. When the onions are cooked, add the chopped garlic and ginger. Stir and cook until fragrant.
2. Add the sorted and washed lentils, 1/2 teaspoon turmeric and 3 cups of water. Cover with a lid and bring to a boil over medium high heat. When the water has boiled, reduce the heat to medium low and simmer for 15 - 20 minutes, until the lentils have completely broken down.
3. Wash and chop the celery. Cut the kabocha squash in half using a large knife and remove the seeds. Cut one half of the squash into quarters, then peel and chop. I find putting a slightly damp dish towel under the cutting board keeps the board from sliding around when I'm chopping the squash. Save the other half of the squash for another day. Open the can of tomatoes.
4. When the lentils are cooked, add in the celery, squash, can of tomatoes, 4 cups of water, and the rasam spices. Bring to a boil over medium high heat. Once boiling reduce the heat to medium low and simmer for 20 minutes, until the squash is cooked. Stir occasionally to prevent sticking. Add more water as needed.
5. When the squash is cooked, add the curry leaves and the chili pepper, and let simmer quietly for 5 minutes while you toast the mustard and cumin seeds.
6. Heat a heavy-bottomed pan over medium heat. Add the mustard seeds and cover with a lid. Shake occasionally to keep the seeds from burning. When most of the mustard seeds have popped, remove the lid, add the cumin seeds and toast briefly, until the cumin seeds are aromatic and slightly browned.
7. Add the seeds to the soup. Add chopped cilantro to taste. Turn off the heat and let sit for 5 minutes before serving. Serve with a wedge of lime.