

Falecia's Favorite Lentil Soup

Ingredients

- 2 tbsp olive oil
- 1 big onion, chopped
- 6 cups water
- 1 cup lentils, rinsed till water runs clear
- 1 big celery stalk, diced
- 4 cloves garlic, chopped fine
- 2 bay leaves
- 1 big potato
- 1 sweet potato
- 1 can of diced tomatoes, undrained (16 oz)
- 2+ tsp good curry powder
- 1 tsp garam masala
- 2.5-3 cups chopped cauliflower
- 1+ cup finely chopped spinach leaves
- 2 tsp chopped fresh cilantro
- Juice of 1/2 lemon
- Salt and pepper

Preparation

- Heat oil in a soup pot and saute the onion.
- Throw in the lentils, bay leaves, garlic, spices and water. Simmer gently for 10 minutes or so.

- Throw in the potato, sweet potato, tomatoes and spices and simmer until the potatoes are half done (around 15 minutes).
- Now add your cauliflower and simmer the soup until the lentils, potatoes and cauliflower are tender, about 20 minutes.
- Stir in lemon juice, spinach and cilantro, adding a little more water if you would like to adjust the consistency, season with salt and pepper, and simmer the soup for another 5 minutes. Enjoy!