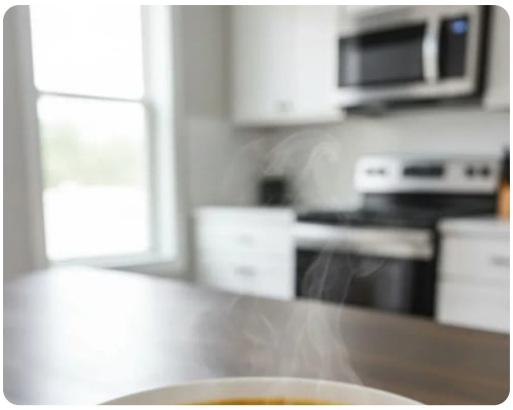


Treasure Barrel

Spicy Indian Mulligatawny Soup

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Indian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup red lentils, rinsed
- [ ] 1 large onion, finely diced
- [ ] 2 carrots, sliced thin
- [ ] 1 stalk celery, chopped
- [ ] 2 medium tomatoes, diced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 2 garlic cloves, minced
- [ ] 1 tsp cumin seeds
- [ ] 1 tsp ground coriander
- [ ] 1/2 tsp turmeric
- [ ] 1/2 tsp chili powder
- [ ] 1 cup coconut milk
- [ ] 4 cups vegetable broth
- [ ] 2 tbsp olive oil
- [ ] Juice of 1/2 lemon
- [ ] 2 tbsp honey (optional)
- [ ] Salt and pepper to taste
- [ ] Fresh cilantro for garnish

Instructions

1. Heat olive oil in a large pot over medium heat. Add cumin seeds and let them sizzle for 30 seconds, then stir in onion, carrot, and celery; cook until softened, about 5 minutes.
2. Add garlic, ginger, coriander, turmeric, and chili powder. I remember sighing at the aroma—oops, it's that good. Cook for 1 minute, then stir in the diced tomatoes.
3. Pour in vegetable broth and the rinsed red lentils. Bring to a gentle boil, then lower to a simmer. Cover and let it cook for 15-18 minutes, or until lentils are tender.
4. Stir in coconut milk, honey (if using), and lemon juice. Season with salt and pepper. Let it warm through for another 2-3 minutes.
5. Taste and adjust seasoning. Ladle into bowls, garnish with fresh cilantro, and enjoy the comforting heat.

Nutrition per serving

320 kcal	12 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra depth, roast the cumin seeds ahead of time.
- If you prefer a smoother texture, blend half of the soup before returning to the pot.
- Add a handful of spinach at the end for a pop of color and nutrition.