

Mulligatawny Soup

Mulligatawny Soup is a traditional North Indian soup with a rich, creamy texture and a blend of spices. This version includes Adagio's Masala Chai tea to enhance the depth of flavor.

PREP TIME: 20 minutes

COOK TIME: 40 minutes

2 T ghee or butter
1 onion, chopped
2 cloves garlic, minced
1 T ginger, minced
1 apple, peeled and chopped
1 carrot, chopped
1 celery stalk, chopped
1/2 C red lentils
1 † ground turmeric
1 † ground cumin

1 † ground coriander
1/2 † ground cinnamon
1/4 † cayenne pepper
4 C chicken or vegetable broth
1 can (14 oz) coconut milk
1 T Masala Chai tea
Juice of 1 lemon
Salt and pepper to taste
Fresh cilantro for garnish

IN A LARGE POT, HEAT the ghee or butter over medium heat. Add the onion, garlic, and ginger, and sauté until fragrant, about 5 minutes.

ADD THE APPLE, carrot, and celery, and cook for another 5 minutes.

STIR IN THE LENTILS, turmeric, cumin, coriander, cinnamon, and cayenne pepper. Cook for 2 minutes.

ADD THE BROTH and bring to a boil. Reduce heat and simmer for 20 minutes, or until the lentils and vegetables are tender.

STIR IN THE COCONUT milk and Masala Chai tea. Simmer for an additional 5 minutes.

REMOVE FROM HEAT and blend the soup until smooth using an immersion blender.

STIR IN THE LEMON juice and season with salt and pepper to taste.

GARNISH with fresh cilantro before serving.