

# Lentil Soup

## Ingredients

1 1/2 Cups Dry Red Lentils  
1/4 tsp turmeric  
1/2 tsp chopped fresh ginger  
1 tsp chopped Garlic  
1 tsp Coriander  
1/8 - 1/2 tsp chili powder (dependent on spice tolerance scale)  
1 tsp salt  
3 Cups Water

1/8 diced onion  
1/2 tsp more chopped garlic  
2 TBSP Sunflower Oil

## Wash lentils

Add lentils and water to pot

Turn Stove to Medium Heat

Add turmeric, chopped fresh ginger, 1 tsp chopped garlic, coriander, chili powder, and salt

Cook on medium heat until the lentils are cooked thoroughly

## When lentils are cooked

Sautee onion and chopped garlic in Sunflower oil until brown

Add Sautee mix to lentil soup mix

Stir Well

Simmer for 3 minutes

Serve alone as a soup or on top of rice. Adding egg, any curry veggie or meat mix maxes this a full Nepali feast