



Lentil Mulligatawny with Greens

Servings	Active Time	Total Time
4 to 6	20 minutes	45 to 60 minutes

Ingredients:

2 Tbsp.	ghee or vegetable oil*	1 cup	diced bell pepper
1 1/2 cups	diced red onions	1 cup	peeled diced carrot
1 Tbsp.	minced ginger	3 cups	vegetable stock
3 ea.	garlic clove, minced	1/4 tsp.	ground cardamom
1 tsp.	ground turmeric	3/4 cup	coconut milk
1 tsp.	ground cumin	1 large	tomato, diced
1/4 tsp.	ground coriander	1 cup	chopped green kale****
1/4 tsp.	coleman's mustard powder	pinch of	cayenne pepper, to taste
1/2 tsp.	ground black pepper**	salt to taste	
1/2 cup	brown or green lentils	fresh chopped	cilantro
1 Tbsp.	seedless tamarind paste***	greek yogurt	

Directions

Heat ghee or vegetable oil in a dutch oven or medium saucepan set over medium heat. Add onions and ginger and cook for about 5 to 8 minutes until the onions are translucent and just beginning to brown.

Add garlic, turmeric, cumin, coriander, mustard, and black pepper. Cook for 30 seconds until fragrant. Add lentils, tamarind paste, bell pepper, carrot, tomato, vegetable stock, and cardamom. Bring the mixture to a boil then lower the heat to a simmer. Cook gently for about 20 to 30 minutes until the lentils are tender.

Add coconut milk, tomato, and kale, and simmer for 10 minutes more. Season to taste with salt and cayenne pepper (if desired).

Serve with fresh cilantro and yogurt.

Recipe Notes:

*You can use vegetable oil if you want to keep this vegan, but if you do use ghee or butter, you will definitely notice the difference it makes in flavor.

**Black pepper provides some heat here, but is also a key flavor to complement the lentils and kale in this version of Mulligatawny.

***No tamarind paste, no problem. Substitute shredded apple and a little vinegar or apple butter for the desired sweet & sour flavor.

****If you don't have fresh kale, frozen works just as well here.