

curried lentil soup with fresh greens 6 servings

I include no crushed red peppers or hot sauce in this soup; it's quite tasty and a bit "warm" without them due to the ginger and the curry powder I used. If you like things very hot, add extra cayenne to your curry powder or garnish with a drizzle of Sriracha.

- 2 tablespoons canola oil
- 2 garlic cloves, minced
- 1 teaspoon minced fresh ginger
- 2 teaspoons curry powder (I used Penzey's Sweet Curry Powder)
- 1/2 teaspoon ground cumin
- 1 large onion, chopped
- 2 carrots, trimmed, peeled, small dice
- 3 celery stalks, trimmed, small dice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon fresh-ground black or white pepper
- 1/4 cup white wine or water
- 3 cups water
- 8 cups vegetable stock
- 1 1/4 cups lentils (I used basic, brown American lentils)
- 2 small red potatoes, unpeeled, small dice
- 3/4 cup each: finely chopped fresh beet greens and kale, including stems*
- 1/4 cup sunflower seeds
- 1/4 cup minced scallions
- 1/2 lemon

Into a six-quart stockpot heated over medium flame, cook for just a minute or so, stirring, the garlic, ginger, curry powder, and cumin. Add the onion, carrots, and celery; season with salt and pepper. Saute, stirring well, for ten minutes or until softening. Pour in wine; scrape up the bits at the bottom of the pot and let cook down for 2 or 3 minutes. Pour in water and vegetable stock; cover and bring to a boil.

Add lentils, lower heat to a good simmer, and cook, stirring occasionally about 15 minutes. Add potatoes and cook until lentils and all of the vegetables are very tender. Add a bit more water if the soup is becoming overly thickened.

Stir in the fresh greens and cook about 5 more minutes or until greens are nearly tender. Taste; adjust seasonings. Serve hot or cold garnished with a few sunflower seeds, a sprinkle of minced scallions, and a squeeze of fresh lemon.