Jazzy Vegetarian

LENTIL-VEGGIE CURRY SOUP
(Laura Theodore, *Jazzy Vegetarian,* 10th Anniv. Ed.)

When you need curry in a hurry, this snazzy soup will truly satisfy. Creamy red lentils combined with butternut squash, carrots, baby potatoes, fire roasted tomatoes, cabbage, and curry powder makes a flavorful potage. Serve this delicious dish for an easy and nutritious weeknight meal..

3 cups thinly sliced green cabbage
2½ cups cubed baby red and/or white potatoes (leave peels on)
2 1⁄3 cups sliced carrots (peeling is optional)
2 cups peeled, seeded, and cubed butternut squash or sweet potatoes
1 1⁄3 cups chopped celery, with leaves
1 cup red lentils, sorted and rinsed (see note)
1 can (28 ounces) fire roasted diced tomatoes, with juice
2 teaspoons curry powder
½ teaspoon garlic powder
1 large vegan bouillon cube, crumbled
9 cups water

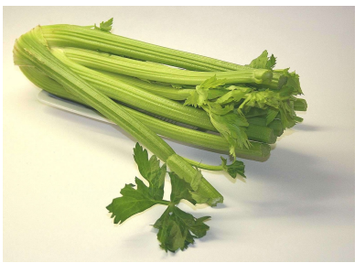
INSTRUCTIONS:

Put all of the ingredients in a soup pot and bring to a boil over medium-high heat. Once boiling, decrease the heat to medium-low, cover and simmer for 50 minutes to 1 hour, stirring occasionally, until the vegetables are tender and the lentils are soft. Serve hot.

NOTE: To sort the lentils, spread them out in a single layer on a large baking sheet. Remove any stones, dirt, broken lentils, or other debris. The lentils are now ready to be rinsed and used in your recipe. You may also sort split peas or dried beans in this manner.









Jazzy Vegetarian is Laura Theodore. Her mission is "Making the world a better place, one recipe at a time, by creating and sharing modern, mindful, and compassionate vegan recipes that are easy and delicious!" Laura's recipes are entirely plant-based and are WFPB. or use minimal oil so can be readily adapted.

