

# Mulligatawny Soup Vegan Style (Oil Free)

A hearty Indian cauliflower, potato, and lentil soup.

## Categories

Yields: 6 servings

Preparation time: 20 mins

Cooking time: 60 mins

Category: Soups

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Cumin, ground	0.5 teaspoon
Coriander, seed	0.5 teaspoon
Mustard seed	0.5 teaspoon
Salt, himalayan (pink)	3 dash
Black pepper, ground	3 dash
Red pepper (cayenne), ground	0.25 tablespoon
Curry powder	1 tablespoon
Oregano, ground	0.25 teaspoon
Onion, white, yellow or red, raw	1 large
Carrots, raw	2 cup
Celery, raw	2 cup
Ginger, ground	0.5 teaspoon
Apple, fresh, without skin	1 medium - 3" diameter before peeling
Sweet potato, raw	1 medium - 2" diameter x 5"
Cauliflower, raw	1 flower
Garlic, fresh	3 clove
Potato, boiled, without skin	4 medium - 2 1/4" to 3 1/4" diameter
Tomato raw (includes cherry, grape, roma)	3 roma
Lentils (nfs)	8 ounce

## Instructions

- 1) Add water and saute finely chopped onions, carrots, and celery in a pot.
- 2) When the above are translucent, add all the spices. (I like to double the spices for a more zesty soup.)
- 3) Add all the other ingredients, including about another four cups of water. All veggies should be chopped into small pieces.
- 4) Simmer for about an hour.

5) When the veggies and lentils are soft, and the soup has thickened, garnish with cilantro and serve.