

Dhal soup

SERVES 4

1 tablespoon oil
2 garlic cloves, chopped
1 onion, chopped
2 teaspoons of curry powder
400g canned chopped tomatoes
1 cup red lentils
2 tablespoons lemon juice
2 ½ cups vegetable stock
1 cup coconut milk
2 tablespoons chopped fresh coriander



Method: Rinse the lentils under cold running water. Heat the oil on low heat in a large pot. Add the onion, garlic and curry powder and sauté over a low heat until the onions are translucent. Add the tomatoes, lentils, lemon juice and coconut milk. Bring the mixture to the boil, reduce the heat, cover and simmer for 30 minutes or until the lentils are tender. Garnish with chopped coriander and lemon slices.

Variation: with an recipe you can play around a bit – the other night I did just that with this - using instead of curry powder Moroccan tagine spice (Herbies brand) and using fresh tomatoes rather than canned because I had them plus I used blue green lentils, I cooked it longer as the blue green lentils need longer, adding more stock and cooking for about an hour – the result was fantastically tasty.

Ingredients:

Lentils are a good source of protein, fibre, carbohydrates and iron. **Onions and garlic** are from the onion plant family. They are high in sulfur, thus plays a big role in detoxifying the body. **Turmeric**, the yellow spice contained in the curry powder, is a very potent anti-inflammatory and antioxidant and has been proven to support various conditions including arthritis, high cholesterol, indigestion, eye infections and damage caused by smoking.

Tips for cooking legumes (Beans, Peas and Lentils)

You don't need to soak red lentils. All other legumes need to be soaked for 12 hours or overnight. For best results, change the water once or twice. Soaking softens skins and begins the sprouting process, which eliminates **phytic acid**, thereby making more minerals like iron available. Soaking also promotes faster cooking and improve digestibility because the gas-causing enzymes in the legumes are released into the soak water. Be sure to



discard the soak water. If you still have problems with gas, pour a little apple-cider or white-wine vinegar into the water in the last stages of cooking the legumes.

Recipe by Karen Latter, Naturopath, Nutritionist & Herbalist

Karen has been working as a Naturopath in clinical practice for over 10 years. She is a keen cook and lover of food. She also works as a Senior Lecturer in Nutritional Medicine at Endeavour College of Natural Therapies lecturing in Weight Management.

Karen works at Northern beaches health & fertility all day Thursdays (offering late nights) and Saturdays. To book an appointment with Karen contact karen@karenlatter.com.au or 0405 707 157