

# Indian Dahl Soup



**Time:** 3-8 hours (prep 10 minutes, cooking 3-8 hours)

**Serves:** 6

**Ingredients:** 1 cup red lentils, soaked overnight  
1 cup mung dahl (yellow lentils), soaked overnight  
6 cups water  
3 cups of mixed vegetables such as zucchini, carrots, chard, kale, broccoli, and celery  
3 tablespoons ghee  
1 teaspoon salt  
½ teaspoon garlic powder  
½ teaspoon mustard seeds  
½ teaspoon cumin  
½ teaspoon turmeric  
½ teaspoon cinnamon  
1 ½ cups basmati rice, cooked according to package instructions  
½ cup yogurt  
Raisins (optional)

## Directions:

1. Rinse lentils under cold running water.
2. Add lentils, water, and vegetables to a crock pot and cook for 3-8 hours on high.
3. Melt the ghee in a saucepan and add all the spices to ghee. Cook spices until golden brown then add to the soup.
4. Serve soup with basmati rice, yogurt, and raisins.