Mulligatawny Soup

Nutrition in disguise

- Chia seeds are a great addition to this soup.
- Chia seeds are a source of omega-3 fatty acids.
- Omega-3 fatty acids can help raise “good” cholesterol.
- Find chia seeds in bulk food stores or the supplement aisle.

Nutrition facts

Serving size: 1 bowl (340 mL)
Calories: 490 kcal
Protein: 15 g
Carbohydrates: 48 g
Monounsaturated fat: 9 g
Polysaturated fat: 4 g
**Makes 6 bowls**

**Ingredients**

- ¼ cup extra virgin olive oil
- 1 carrot, diced
- ½ onion, diced
- 2 tsp minced garlic
- 1 large tomato, diced
- 3 cups low-sodium vegetable broth
- 1¾ cup unsweetened coconut milk
- 1 cup dried red lentils
- ½ cup kale powder (optional)
- 2 Tbsp chia seeds
- 2 Tbsp flax seeds
- 2 Tbsp hemp hearts
- ½ tsp ground ginger
- ¼ tsp ground cardamom
- ¼ tsp ground cinnamon
- ¼ tsp ground paprika
- ¼ tsp ground cumin
- 1 Tbsp ground turmeric
- 1 Tbsp curry powder
- ¾ tsp salt
- 2 apples, peeled and small diced

**Directions**

1. Heat olive oil in pot over medium heat.
2. Add carrot, onion, and garlic.
3. Cook until soft.
4. Add remaining ingredients, except apples.
5. Bring to a boil.
6. Simmer for 50 minutes with the lid on.
7. Add diced apples.
8. Simmer for 20 minutes, then serve hot.