

# 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

Polunsaturated fat: 4 g

### 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.

