



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Red Lentil Soup

Suggestions: a very tasty, full of minerals like phosphorus, iron and zinc and vitamin B6 soup perfect to warm up in Autumn and feel glowing from the inside out.

Instructions



Fry some chopped onions, garlic, ginger, coconut cream flakes and chillies in extra virgin olive oil.



coriander powder



CUMIN SEEDS



turmeric

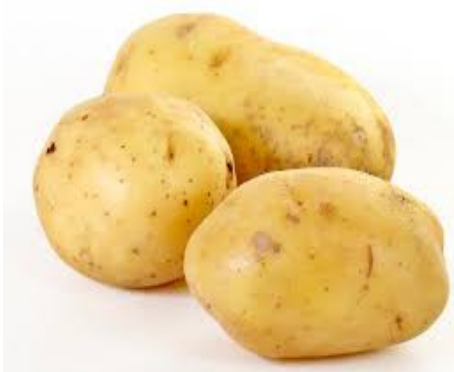


garam masala



red lentils

Stir it all well and add some coriander powder, cumin seeds, turmeric powder, garam masala powder and some red lentils that you have soaked in hot water for few hours and then drained. When the mixture starts getting dry add some boiling water to the pot and let it cook for a while.



dulse seaweeds



When the water boils add some finely chopped potatoes, some slices of lemon cut in small sections and some finely cut dulse seaweed. Let it cook at medium heat for an hour.

sea salt



Add some coarse sea salt and coconut milk, mix well and cook for another while.



basil



Serve the soup with some chopped basil leaves, some yeast flakes and a splash of extra virgin olive oil or any other garnish you like.



If you like this recipe, I would like to read your comments!
Contact me on www.flyinginspiration.com