



Indian Mulligatawny Soup

INGREDIENTS

1 TBS butter	2 garlic cloves; chopped	¼ tsp paprika; sweet or smoked
2 TBS olive oil	1 TBS ginger; peeled and grated	3 cups chicken stock
1 onion; finely chopped	1 apple; cored and chopped	1 tbsp tomato purée
2 celery stalks; chopped	2 TBS curry powder	1 tbsp mango chutney
3 carrots; peeled and chopped	1 tsp ground cumin	½ lemon; juiced

DIRECTIONS

Heat the butter and olive oil in a large pot. Add onion and celery with a pinch of salt for 10-12 mins, or until softened and translucent. Stir in the carrots, parsnip, garlic, ginger and apple and cook for 1 min more. Stir through the curry powder, cumin and paprika. Add the stock and tomato purée and season to taste. Reduce to a low simmer, cover and cook for 40 mins. Puree the soup until smooth using a blender. Add mango chutney and lemon juice. Serve hot or cold. Makes about 4 servings; 140 calories each.