

Three Lentil Spicy Broth Recipe

Ingredients: Serves 4-6

100g black lentils, rinsed and drained
60g dried red kidney beans, rinsed and drained
60g split chickpeas (garbanzo beans), rinsed and drained
5 cups water
2½-inch cinnamon stick
3 green cardamom pods, cracked
3 whole cloves
1½ tablespoons finely grated fresh ginger
1½ tablespoons crushed garlic
2-4 teaspoons chili powder
440g canned crushed peeled tomatoes
150g unsalted butter, chopped
salt to taste
4 teaspoons dried fenugreek leaves, crushed

Method:

Place lentils, kidney beans, chickpeas and water in a large bowl. Cover and let stand overnight. The next day, place lentil mixture and liquid in a large, heavy saucepan. Place cinnamon, cardamom and cloves in a square of cheesecloth (muslin), bring up the corners to form a bundle, tie with kitchen twine and add to pan. Bring to a boil. Reduce heat to low and cook, uncovered, until lentils, beans and chickpeas are tender, about 1½ hours. Add extra water if necessary to keep lentil mixture covered. Remove bundle of spices and discard. Add ginger, garlic, chili powder, tomatoes, butter and salt to pan. Raise heat to medium and cook, stirring often, for 10 minutes. The consistency should be like thick soup. If too thick, add a small amount of water. Taste and adjust seasoning. Stir in fenugreek leaves. Steamed basmati rice or paratha bread accompanies this soup perfectly.

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