

Indian Chana Dal Spinach Soup

Low carb; low glycemic; no sugar

3 cups dried chana dal = 8 cups cooked (serves 6-8)

Before cooking the chana dal lentils, make sure to soak them overnight in a large bowl, pot, or other container. First: pick through the chana dal lentils to make sure any rocks or pebbles have been removed. Add the dry chana dal lentils to the bowl and cover them with water. Add ½ tsp. baking soda and stir gently. Let sit overnight or for at least 5 hours.

Ingredients:

- 3 cups dry chana dal lentils
- 6 cups water or chicken broth
- 1 diced onion
- 2 stalks diced celery
- 2 tsp. sea salt, or more, to taste
- 1 tsp. black pepper
- ¼ tsp. cayenne pepper, or more to taste
- 2 tsp. onion powder
- ¼ cup nutritional yeast
- 2 Tbsp. Bragg Liquid Aminos or soy sauce (*optional*)
- ¼ tsp. curry powder
- ½ tsp. turmeric powder
- ½ small bag frozen chopped spinach or several handfuls of fresh spinach
- ½ cup shredded skim mozzarella cheese or nonfat Greek yogurt

Rinse off soaking water from chana dal and drain. In a large 5-6 qt. crockpot, combine soaked chana dal with 6 cups chicken broth or water. Add diced onions and celery to the crockpot.

Now for the seasoning! Sprinkle into the crockpot your sea salt, pepper, onion powder, nutritional yeast, cayenne pepper (*optional*), Bragg Liquid Aminos (*optional*), curry powder, and turmeric powder. Cook on high on the crockpot for at least 8 hours. If you notice the liquid levels getting low or the chana dal is sticking or burning, turn down the heat and add another cup of liquid.

You may eat this chunky, or blend with a stick blender or regular blender for a smooth, creamy soup. Taste and adjust seasonings as needed. If you would like to add a bit more protein to this delicious soup, sprinkle each serving with a small amount of shredded mozzarella cheese or top with a dollop of nonfat Greek yogurt. You may also stir in some chopped fresh or thawed spinach. **EnJOY!**



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