

One-pot Immunity Boosting Soup

One pot Immunity boosting soup is made with red lentils, sweet potatoes and chickpeas for a filling meal!

Ingredients -

- 1 tablespoon coconut oil /A2 cow ghee
- 1 yellow onion, diced
- 6 cloves garlic, minced
- 1/2 teaspoon freshly grated ginger
- 1 teaspoon turmeric
- ½ teaspoon Luke's immunity powder
- 1 tablespoon lemon juice
- 1 large sweet potato diced into ½" cubes
- 1/2 cup chickpeas (soaked for 24 hrs with water being changed at regular intervals)
- 1/2 cup red lentils/masur dal (soaked overnight).
- 5 cups water
- 1/2 cup spinach - finely chopped.
- salt to taste

Method :

1. In a pressure cooker, heat coconut oil over medium heat for one minute.
2. Add the chopped onion and cook over medium heat for three to four minutes, stirring occasionally.
3. Add garlic and ginger and continue to cook for one minute until fragrant.
4. Add turmeric and immunity powder and continue to cook for one minute.
5. Add lemon juice, sweet potatoes, chickpeas, red lentils/masur dal and water and bring to a boil.
6. Once the soup begins to boil, reduce the heat to low and simmer for about five minutes.
7. Add spinach and continue to cook for 2-3 minutes.
8. Close the lid.
9. Pressure cook for 3 to 4 whistles.
10. Once cool down, stir with the ladle.
11. Season with salt to taste.
12. Relish and enjoy.

Notes:

- If spinach is not available use coriander/kale as per availability.
- Make sure spinach is organic or garden grown.
- White chick peas can be also replaced by lobia/black eyed beans too.

