

Curried Turnip Soup

by Dr. Mitra Javanmardi N.D.

In 1/3 cup of olive oil sauté:

1 tsp each of coriander

turmeric

cumin

2 Tbsp of fresh ginger

2 cloves of garlic, finely minced

1 medium sized onion, finely chopped

Bring to boil 8 cups of water. Add:

½ cup red lentils

½ cup millet

1 Tbsp miso paste

1 medium size turnip, finely chopped (you may substitute potatoes)

2 large carrots, finely chopped

2 small zucchini finely chopped

½ cup finely chopped tofu curd (optional)

the sautéed mixture

Top the soup with chopped parsley and fresh coriander and simmer for one hour. The joy of this recipe is that these grains cook quickly so this soup can be made last minute.