



NYAMA CHOMA LENTIL SISHEBO SOUP

INGREDIENTS

- 1 cup dried lentils
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 tablespoon oil
- 2 tablespoons Sishebo Spice
- 3/4 cups water depending on thickness wanted
- 1 can diced tomatoes
- Pickling Spice (optional)
- Fresh cilantro for garnish (optional)

METHOD:

- Rinse the lentils under cold water and set aside.
- In a large pot, heat the oil over medium heat. Add the diced onion, minced garlic, carrot, and celery. Sauté until the vegetables are softened, about 5 minutes.
- Sprinkle the Sishebo Spice over the sautéed vegetables and stir well to coat them evenly.
- Add the rinsed lentils, water and diced tomatoes to the pot. Stir to combine all the ingredients. Add pickling spice (optional).
- Bring the soup to a boil, then reduce the heat to low. Cover the pot and simmer for about 30 minutes or until the lentils are tender.
- Serve the lentil curry soup hot, garnished with fresh cilantro/parsley/mint if desired, and with your favourite sides.

