

1 pot Coconut curry vegetable soup

Can be made on the stove or in an instant

2 tsp ghee or other good oil

2 tsp mustard seeds

2 red chilis dried

2 T fresh ginger finely chopped or grated

2 tsp salt or to taste

1 T Santosha Massala (or comparable mix of cumin, coriander, turmeric at ratio of 3:2:1)

2 medium size potatoes

3 large carrots

2 cups frozen or fresh peas

2-3 cups cauliflower

2 cups water

1 can full fat coconut milk

15 curry leaves (if available)

Cilantro to garnish

1. Temper the spices, ginger, and curry leaves in the ghee

2 add vegetables and water to the tempered spices and simmer until veggies are cooked

3. add coconut milk

4. bring to a simmer

5. garnish with fresh cilantro