

Ingredients

- 1 large onion, diced (about 2 cups)
- 2 stalks celery, diced (about 1 cup)
- 2 large carrots, peeled and diced
- 3 Tablespoon butter/Ghee or olive oil
- 2 teaspoons coriander
- 1 ½ teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 2-3 garlic cloves, minced
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon freshly ground pepper
- 1/2 dried red chile flakes, plus more for serving
- 1-2 Tablespoon fresh ginger minced
- 1 (15-ounce) can tomatoes, crushed
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 cup dry green lentils, washed
- 5 cups chicken or vegetable stock
- Egg mix
- 2 cups chopped kale
- 1 t Maple syrup
- 1 teaspoon sea salt
- 1/2 cup fresh cilantro finely chopped (garnish)
- 1 bunch parsley, chopped (about 1 cup)
- Juice of 1-2 lemons (about 1/8 cup add more to taste) or apple cider vinegar
- Salt to taste

Egg mix

- 1 egg
- 1 cups rm temp stock
- ½ can coconut milk
- Flour 2 T unbleached all-purpose wheat?

Rice

- 2 cups hot cooked basmati or jasmine rice
- 1 t Ghee
- 3 cups hot cauliflower rice
- 1 teaspoons ground coriander
- Salt and white pepper to taste

Optional: Sliced green onions or minced fresh cilantro

Directions

1. Heat a large saucepan or Dutch oven over medium heat. Add Ghee and olive oil.
2. Sauté the onion, celery, and carrots until the onion turns translucent and begin to brown, about 5 to 10 minutes.
3. Add the coriander, cumin seeds (or ground cumin), paprika, fresh ginger and garlic. Cook, while stirring for about 2 minutes to toast the spices.
4. Add canned rinsed chickpeas and rinsed lentils
5. Add the turmeric, pepper, harissa or chile flakes, 1 cup of the parsley, tomatoes, and the stock and bring to a boil.
6. Add 1 teaspoon of sea salt
7. Let simmer for 25 min on medium to low heat until beans are tender.
8. Add kale and maple syrup.
9. Whisk the flour, egg, and lemon juice into 1 cup of stock and 1 cup of milk. Tempering the egg and flour mixture with soup before adding to avoid the formation of cooked bits of egg white in the soup. Simmer the soup about 5 minutes more and serve
10. Taste and adjust seasoning. (Adjust with lemon juice, salt and pepper)
11. Sprinkled with the remaining cilantro and parsley.

