



Dal Chowder with Salsa

This simple recipe was inspired by a coworker who had had a dental surgery and asked me to prepare her a soft, nourishing soup. I invented this recipe, at work, with minimal cooking facilities and limited time, using ingredients on hand. This recipe became my favorite quick soup! *Makes six servings.*

4 cups water
1 cup red lentils, thoroughly rinsed and drained
1 tablespoon oil
½ cup tomato salsa
1 teaspoon fresh ginger root, minced
1 cup corn kernels, frozen and thawed or freshly scraped from an ear of a corn
Juice of ½ lemon
Salt to taste

Bring the water to a boil in a pot. Add the lentils and simmer over medium heat for 20 minutes.

Heat the oil in a frying pan and add the salsa, ginger, and corn. Stir-fry for a few minutes to combine the flavors. Add this mixture to the cooking lentils and simmer together for 10 minutes more. Add the lemon juice and salt to taste. Serve hot with rice, tortillas, or bread.

--Shanta Sacharoff