

Lentil Soup with Smoked Turkey Wings and South Asian Spices

Ingredients (for 6 servings):

- 2 large smoked turkey wings (can also use any other smoked meat, such as kielbasa)
- 2 quarts water
- 2 large carrots, peeled and cut into chunks
- 1 large onion, cut into chunks
- 2 garlic cloves, chopped
- 2 celery stalks, cut into chunks
- 1 cup lentils—can be mixture of green, yellow, red
- ½ c. chopped parsley
- 1 bay leaf
- salt and pepper taste
- 1 tsp. each of coriander, turmeric, cumin, and garam masala

Preparation:

1. Bring water to boil and add turkey wings, cover and simmer for 2-3 hours until meat comes easily off the bone.
2. About an hour before the turkey wings are done, rinse the lentils until water runs clear; cover with water and let them soak.
3. Cut the turkey meat into bite-sized pieces and discard the bones
4. Bring the water back to a boil and add herbs, spices, and vegetables; cover and simmer for 30 minutes
5. Using an immersion blender, regular blender or food mill, puree the soup. (If you prefer a chunky soup, this step can be skipped, but the vegetables should be chopped into smaller pieces)
6. Add the turkey.

Voila!

Top with fresh croutons (see below)

Croutons:

Cut stale bread into bite-size cubes (or you can buy bread rounds in the bakery department of most supermarkets). I use whole wheat, but any bread will do. In a large frying pan over medium heat, add 2 T olive oil and 2 T butter. When butter has melted and is foaming, add 1 large garlic clove, mashed or minced. Immediately add croutons (to prevent garlic from burning) in one layer to the hot oil-butter mixture, stir to distribute the oil-butter mixture more or less evenly. Brown equally and remove from heat.

Note: If you can't find smoked turkey wings, or if you prefer a simpler recipe that uses kielbasa or other pre-cooked sausage, skip step #1. Instead, simply simmer the (rinsed) lentils, vegetables, herbs and spices for 45 minutes to an hour, and proceed to step #5. Then slice the sausage and add it to the pureed soup and simmer for 20-30 minutes.