**Mulligatawny Soup**

2 tablespoons clarified butter, vegetable oil, or olive oil

2 onions, small dice (12 ounces weight)

3 carrots, peeled and chopped (12 ounces weight)

¼ cup curry powder (1 ounce weight)

1 medium potato, peeled and diced (8 ounces weight)

2 cups red or green lentils, rinsed (14 ounces weight)

2 (14 ounce) cans coconut milk

4 cups water

½ cup cauliflower florets (8 ounces weight)

1 granny smith apple, peeled and diced (6 ounces weight)

**Puree:**

2 tablespoons olive oil

4 cloves garlic, peeled (1/2 ounce weight)

2 roma tomatoes (8 ounces weight)

1 cup spinach leaves (2 ounces weight)

Salt to taste

**Method:**

1. Heat the clarified butter or oil over medium heat and sweat the onions and carrots until softened. Add the curry powder and stir well.
2. Continue to cook for 2 more minutes before adding the potato, lentils, coconut milk, and water. Bring up to a simmer and cook gently until the lentils are soft, about 20 minutes.
3. Add the cauliflower and apple. Simmer for an additional 5 minutes.
4. In a blender, puree the olive oil, garlic, tomato, and spinach.
5. Stir the puree into the soup and season to taste.
6. Cook for 5 more minutes and serve.