

Kulith / Horse gram Soup

Ingredients:

- 250g kulith/horse gram (soaked overnight)
- ½ tsp ethically sourced A2 cow ghee
- ½ tsp jeera/cumin
- 2-3 curry leaves/kadi patta
- ½ tbsp paste of fresh ginger and garlic
- ¼ tsp haldi/turmeric powder
- ½ cup water
- pink himalayan salt as per taste
- ¼ tsp kali mirch/pepper powder
- 2 tsp lemon juice
- 1 tbsp chopped coriander /pureed coriander paste

Method:

1. Soak kulith (250gms) overnight.
2. Pressure cook it the next day.
3. Now add ½ tsp ghee, ¼ tsp jeera and 2 to 3 curry leaves, to the pan.
4. Now add ½ tbsp mix of ginger and garlic paste.
5. Add in the boiled kulith dal.
6. Add a pinch of turmeric powder or immunity powder , along with ½ cup of water.
7. Let it boil.
8. Once done add chopped or pureed coriander paste.
9. Squeeze fresh lemon juice.
10. Add salt and pepper as per taste. Relish.
11. To make it a one pot soup, you can also add 2 tbsp boiled rice/millet rice in it.

Notes:

- Kulith/horse gram is a true Indian superfood that's rich in polyphenols and flavonoids
- 2. Rich in iron, it also has higher calcium content among pulses and is one of the richest vegetarian sources of protein.
- 3. Its low carb but provides great energy. It's great for gut, urinary and bladder health, hair and skin, weight and constipation.
- 4. Its high in fibre and works as a natural diuretic.
- 5. The super power magic legume can reduce flatulence and control various menstrual problems too.

