

6. Recipe - Neem Leaf and Lentil Soup

Neem Leaf and Lentil Soup recipe that's hearty, nutritious, and bursting with flavor. The mild bitterness of **neem leaf powder** pairs beautifully with the earthy lentils, making this a perfect detoxifying and protein-packed meal.

Neem Leaf and Lentil Soup

Ingredients (Serves 4):

- 1/2 tsp **Neem Leaf Powder**
- 1 cup red lentils (washed and drained)
- 1 medium onion (chopped)
- 2 cloves garlic (minced)
- 1-inch piece ginger (grated, or 1/2 tsp ginger powder)
- 1 medium tomato (chopped)
- 1 carrot (chopped)
- 4 cups vegetable broth (or water)
- 1/2 tsp turmeric powder
- 1 tsp cumin seeds (or cumin powder)
- 1 tbsp olive oil or ghee
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper
- Fresh cilantro or parsley (for garnish)
- Lemon wedges (for serving)

Instructions:

1. Prepare the aromatics:

1. Heat olive oil or ghee in a large pot over medium heat.
2. Add the cumin seeds and let them sizzle for 30 seconds.
3. Stir in the chopped onion, garlic, and ginger. Sauté for 2-3 minutes until fragrant and softened.

2. Add the vegetables:

1. Add the chopped tomato and carrot to the pot. Cook for another 3-4 minutes until the vegetables soften.

3. Cook the lentils:

1. Add the washed red lentils, turmeric powder, and vegetable broth (or water) to the pot. Bring to a boil, then reduce the heat to low and let it simmer for 20-25 minutes, stirring occasionally.

4. Incorporate the neem powder:

1. Once the lentils are fully cooked and the soup has thickened, stir in the **neem leaf powder**. Cook for another 2-3 minutes to let the neem flavor blend into the soup.

5. Season and serve:

1. Add salt and black pepper to taste.
2. Garnish with fresh cilantro or parsley and serve with lemon wedges for a bright, tangy touch.

Why You'll Love This Recipe:

- ✓ **Detoxifying and Nourishing:** Neem powder adds detox benefits, while lentils provide protein and fiber.
- ✓ **Flavorful and Comforting:** The spices and vegetables create a warm, hearty dish perfect for any season.
- ✓ **Easy and Wholesome:** A one-pot recipe that's simple to make and loaded with nutrients.
- ✓ **Customizable:** Add spinach, kale, or other greens for extra nutrition, or adjust spices to your