

## Pumpkin soup

Lise made this one night at the retreat. She memorized the recipe, give or take, from a vegetarian cook book in New Zealand. It goes well with Bhati.

### Ingredients

1/2 a medium-sized pumpkin  
1 cup lentils  
1 onion  
40 grams of ghee or butter  
2 tsp coriander  
1 tsp turmeric  
1 tsp paprika  
1/4 tsp of sweet chili

### Directions

Boil pumpkin until soft (about 20 minutes). In another pot, boil lentils till cooked (follow package instructions, but usually 3 cups water per 1 cup lentils for about 20 minutes). In a pan melt butter and grill onions until translucent. In another pot, boil 1/2 cup of water and all the spices to make a paste. Add cooked onion to paste. Mix everything together in a pot (paste with onions, pumpkin and lentils). Add some of boiled water from pumpkin to the mix. Blend it. Add water as needed for taste. Place mix on the stone and let cook on low heat for at least 30 minutes.