**Citrus Curry Lentil Soup**

25 mL olive oil

1 small onion, diced

1 stalk of celery, diced

1 carrot, peeled & diced

1 potato, peeled & diced

2 cloves garlic, minced

15 mL peeled, grated fresh ginger

7 mL curry powder

2 mL ground cumin

2 mL coriander

1/2 lemon, juiced (about 50 mL)

1/2 lime, juiced (about 50 mL)

1/4 grapefruit, juiced (about 45 mL)

1 bay leaf

1.25 L chicken or vegetable stock

125 mL lentils, rinsed and picked through

60 mL chopped cilantro

 Salt and pepper to taste

 Plain yogurt or sour cream for garnish

1. In a large pot, heat olive oil over medium heat.
2. Add onions, carrots and celery and cook until tender and slightly browned about 10 minutes.
3. Add garlic, ginger, curry, cumin and coriander; stir for 30 seconds or until aromatic.
4. Add lemon, lime and grapefruit juice; bay leaf; stock; and lentils. Raise heat to high, bring to a boil and reduce heat to medium-low heat, allowing lentils to simmer.
5. Continue simmering for 40-50 minutes or until lentils are tender. Remove bay leaf.
6. Add cilantro and season with salt and pepper.
7. Serve hot with a dollop of yogurt of sour cream.