

Cranberry Chipotle Lentil Soup

Ingredients:

- 2 14-oz cans whole berry cranberry sauce (**do not use 'jellied'**)
- 1 Tbs unsalted butter
- 3 Tbs hi-quality olive oil
- 2 tsp salt or to taste
- 1 large yellow onion, diced very small
- 1.5 cups regular brown lentils
- 6 cups chicken stock, vegetable broth, or water
- 2 more cups water (maybe)
- 1 5-oz can mandarin oranges with juice, chopped small or pulsed in a blender.
- 1 large apple, diced very small
- 1 large yam, diced*
- 1-2 canned chipotle peppers in adobo sauce, chopped fine. (**suggest starting with one**)
- ½ - 1 tsp adobo sauce to taste. **Start slow. These little guys are hot, but they take a moment to catch up with your taste buds!**
- 1 tsp cinnamon
- Dash of nutmeg or allspice

Instructions:

In a large, heavy-bottomed stockpot over medium-high heat, melt butter & oil to a sizzle. Add onions & salt. Saute, stirring frequently for about 5 minutes, until onions are softened. Add lentils, stir in & saute

for just about 30 seconds. Next, add chipotles & adobo. Mix well & follow with stock, oranges with juice , and cranberry sauce. Add cinnamon & allspice while stirring.

*Yams are optional, but an addition I've really come to like. If using, add them at the same time as the apples.

Now turn the heat down to medium-low or real low, add the apples and simmer for an hour or however long it takes to soften the lentils to just the way you like them. Stir and taste occasionally. If not as spicy as you'd like, add a bit more adobo sauce. If the soup becomes too thick (which it probably will) gradually add the additional water.

This is one of those soups that appreciates a nice dollop of yogurt, plain or Greek. A great way to cool it down a bit if you got a little over-zealous with the chipotles, or just for a refreshing splash of white.

