

# McDougall Made Irresistible Recipes

For more ideas and recipes go to the "McDougall Made Irresistible DVD" section on our web site:  
[www.drmcDougall.com](http://www.drmcDougall.com).

## Quinoa Chowder

We really enjoy soups during the winter months. This is a hearty, yet simple soup, filled with delicious healthy ingredients.

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 6-8

½ cup quinoa, rinsed well  
4 cups vegetable broth  
2 cups water  
2-4 cloves garlic, minced  
1 large onion, chopped  
2 ½ cups fingerling potatoes, cut into bite sized pieces  
2 jalapeno peppers, seeded and minced  
2 cups frozen corn kernels  
4 cups sliced fresh spinach  
freshly ground pepper to taste

Place the first 7 ingredients in a large soup pot. Bring to a boil, reduce heat, cover and cook for 20 minutes. Add the corn, mix well and cook an additional 15 minutes. Stir in the spinach 5 minutes before the soup is done. Add some pepper to taste, if desired.

Hints: To spice this up a bit more, let each person add some hot sauce to taste before eating. If you can't find fingerling potatoes, use Yukon Gold or red potatoes and chop them into bite sized chunks.

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## **Festive Dal Soup**

This soup is a beautiful red and green color and it is so delicious and easy to make that it has become a lunchtime favorite in our home.

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

3 ¼ cups water  
1 onion, chopped  
2 cloves garlic, crushed  
1 ½ teaspoons grated fresh ginger  
¾ teaspoon smoked paprika  
¼ teaspoon ground cumin  
freshly ground black pepper  
1 cup red lentils  
1 15 ounce can garbanzos, drained and rinsed  
1 14.5 ounce can diced tomatoes  
1 tablespoon lemon juice  
1 teaspoon chili paste (Sambal Oelek)  
2 cups fresh chopped spinach

Place ¼ cup of the water in a large soup pot. Add the onion and garlic. Cook, stirring occasionally for 3-4 minutes, until softened. Add the ginger, paprika, cumin and several twists of freshly ground pepper. Mix in well, then add the remaining water, the lentils, garbanzos and tomatoes. Bring to a boil, reduce heat, cover and simmer for 50 minutes, until lentils are tender. Add lemon juice, chili paste and spinach. Cook for an additional 5 minutes. Season with a bit of sea salt, if desired. Serve hot.