

2010 Global Mission Lenten Series
Recipe from India for the Fifth Week in Lent
Richard Sarker, India

Mutton Rib Soup For 10-12 servings

Ingredients:

Mutton Ribs -	2 lbs.
Sliced onions-	1 cup
Sliced tomatoes-	1 cup
Ginger paste-	2 tsp
Garlic paste-	1 tsp
Cumin powder-	1 tsp
Fennel seed powder	1 tsp
Chopped cilantro-	Half cup
Spring onions -	Half cup
Tumeric powder-	Half tsp
Black pepper-	1 tsp
Cooking oil-	500 grams
Water-	1 litre
Salt to taste	
Fresh mints-	1 Table spoon

Heat oil in a cooking pot and saute chopped onions for two min. Add water, mutton ribs and all other ingredients except cilantro and spring onions. Cook until the meat is very soft.

Serve hot soup garnished with cilantro and spring onions.