

SOUPS

LEBANESE YELLOW LENTIL SOUP Douglas Buck



One of the easiest, nourishing and comforting of soups.

1½ pounds of yellow lentils (look orange before cooking, and require rinsing but not pre-soaking)

4 large onions, thinly sliced

4 carrots, diced

4 - 5 pressed garlic cloves, to taste

3 litres water.

Cumin

Salt and Pepper

Juice of 1 - 2 lemons, to taste

1 bunch of parsley, chopped

1 cup of olive oil

Shred onions and garlic and sauté in olive oil.

When soft and clear, add them to a large pot with 3 litres of water.

Bring to a boil, rinse lentils, and add lentils and carrots to

water.

Cook on low heat for 15 minutes, stirring occasionally.

When lentils have dissolved, add salt and pepper

Sprinkle in a generous amount of cumin. This is what you want to savour.

Add parsley.

Add lemon juice. Taste as you add to avoid excessive tartness.

Remove from heat and let stand for a few minutes. Add water

if it's too thick.

Serve hot with bread and butter.

MORROCAN SPICED CHICKPEA SOUP

Ingrida Wloszczynski



Serves 6

- 2 tbsp butter
- 1 medium yellow onion, chopped
- 2 large celery stalks, chopped
- 2 large carrots, peeled and chopped
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 (28oz/796ml) can crushed tomatoes
- 3 1/2 cups cooked chickpeas
- 7 cups vegetable broth
- 1 cup dried green lentils
- 1 cup uncooked angel hair pasta, broken into 1-inch pieces (optional)
- 1/4 cup chopped fresh flat-leaf parsley

Directions

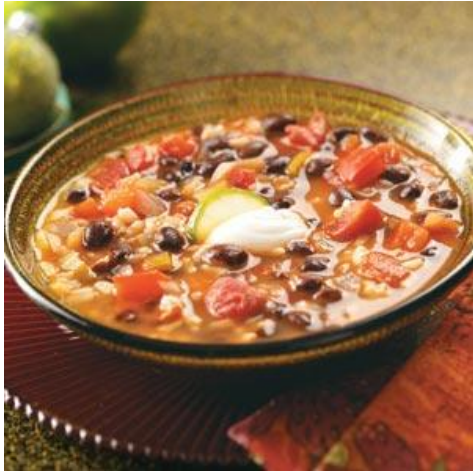
1. In a large soup pot, melt butter over medium-low heat. Add onion, celery and carrots, cooking until softened, about 8-10 minutes. Add cinnamon, turmeric, cumin, salt and pepper and cook, stirring for 2 minutes.

2. Stir in crushed tomatoes, chickpeas, chicken broth and lentils. Bring to a boil and then reduce heat to low, simmering uncovered until lentils are tender, about 30-35 minutes.

3. Add pasta and cook for 5 minutes or until softened. Stir in shredded chicken and parsley, cooking until heated through.

SOUTHWESTERN BLACK BEAN SOUP

A recipe from Massimo Capra, Chef Restaurant Owner
and Cookbook Author - Toronto



Makes about 8 servings

2 cups (500 mL) dried black beans (see
2 Tbsp (30 mL) vegetable oil
2 cups (500 mL) finely chopped onions
1 1/2 cups (375 mL) seeded and diced sweet red peppers
1 cup (250 mL) peeled and finely chopped carrots
1 cup (250 mL) finely chopped celery
4 cloves garlic, minced
8 cups (2 L) vegetable stock
2 cups (500 mL) chopped tomatoes
3 jalapeno chilies, seeded and minced
2 tsp (10 mL) sweet Hungarian paprika
1 tsp (5 mL) ground cumin
1 cup (250 mL) finely chopped cilantro
1 Tbsp (15 mL) fresh lemon juice

Salt and pepper to taste
Sour cream for garnish
Finely chopped chives for garnish (optional)

Soak the beans overnight.

In a large pot, heat the oil over medium heat. Add the onions, peppers, carrots, celery and garlic.

Cook, stirring often, until the onion has softened.

Add the beans, stock, tomatoes, jalapenos, paprika and cumin. Bring to a boil.

Reduce the heat and simmer, partially covered, until the beans are starting to fall apart, at least 2 hours.

Stir in the cilantro and lemon juice. Season with salt and pepper to taste.

Ladle out hearty bowlfuls and top with dollops of sour cream and a sprinkling of chives.

IRIS' VEGETABLE LENTIL SOUP

Iris Wilde



Like many of us, Iris doesn't remember where she first got the recipe, but has used it and added more vegetables to the original.

1 lb. red lentils, rinsed
2 large carrots, chopped
2 celery stalks, chopped
1 big onion, chopped
Minced garlic
1/2 cup sliced mushrooms
3 cups chopped spinach
Frozen corn
2 tbsp. butter/oil
7 cups vegetable broth
curry
Herbamare (Salt + seasoning available at specialty grocery stores)
Hot sauce if desired

Fry onion and garlic in butter/oil on low heat, then add carrots, celery, and mushrooms.

Add broth and lentils. When lentils soften add seasoning.
When done add spinach.

Simmer to deepen flavours. Often tastes best the next day, so refrigerate any leftovers!

Option: Can add frozen corn, raisins or a squeeze of lime for slightly different taste.

NAOMI'S CARROT-COCONUT SOUP Merrilee Brandt

A favourite lentil soup from Naomi, Merrilee and Alan Brandt's daughter

A. 2 cups red lentils

B.

1 tbsp. oil

2 minced onions

2 carrots chopped

1 carrot grated

6 cloves of garlic

C.

3 tsp turmeric

3 tsp cumin

1 tsp salt

½ tsp pepper

1 large can diced tomatoes

4 cups vegetable stock (2 cubes)

D

1 can coconut milk

1 tsp lemon juice

* Rinse A in colander

* Put B in pan, fry in oil, high heat

* Add C to pan, cook 2 hr or until lentils are tender

* Add D, cook 2 minutes