

## **Italian Lentil Soup.... Preparation: 1 hour.... Serves 4.**

This lentil soup is adapted from The Art of Italian Cooking by Maria Lo Pinto. Originally published in 1948, it was a gift from my mother when I married. This is a basic recipe that can easily be varied.

A box of frozen greens or a handful of fresh greens can be added near the end to enrich the soup. Chicken or vegetable broth can be used in addition to or instead of the water. As with all lentils and beans, sort and rinse before cooking. Lentils do not need to be pre-soaked.

1/2 lb. brown lentils  
1 bay leaf  
1 onion  
1 clove garlic  
1 carrot  
1 stalk celery  
4 sage leaves  
4 tablespoons olive oil  
1 cup canned diced or crushed tomatoes  
1 teaspoon cinnamon  
salt and pepper to taste  
freshly grated parmesan cheese to taste

In deep pot, combine lentils and bay leaf in enough water to cover. Cover, lower heat and simmer gently about 30 minutes. Add water if needed. While lentils are cooking, heat oil in a saucepan and add chopped onion, garlic, carrot, celery and sage leaves, Saute about 5 minutes; add tomatoes and cinnamon and cook another 5 minutes. Pour this mixture over lentils, cover, and cook another 10 minutes until lentils are tender. Serve and sprinkle with freshly grated parmesan cheese if desired.

**Red Lentil Soup with East Indian Spices (Masoor Dal).... Preparation: 1 hour**

Serves 4

This more complex soup is adapted from Mothering magazine which in turn adapted it from Silence-Heart-Nest, a vegetarian restaurant in Seattle. As in the above recipe, chicken or vegetable broth can be substituted for all or part of the water. Frozen or fresh greens can be added for enrichment.

1 tablespoon olive oil

1 onion chopped

2 tablespoons minced garlic

1 teaspoon turmeric

1 teaspoon cumin powder

1/8 teaspoon cayenne

1 can chopped tomatoes

1 cup dried red lentils

4 cups liquid (water or broth)

1 teaspoon sea salt

1 teaspoon olive oil

1 teaspoon cumin seed

1 teaspoon mustard seed

¼ cup chopped fresh cilantro

Heat oil in large pot, sauté onions slowly until browned. Add garlic and spices and stir 2 to 3 minutes. Add tomatoes and cook 5 minutes. Rinse and drain lentils. Add lentils and liquid to pot. Stir in salt. Heat 1 teaspoon oil in small skillet and brown seeds over low heat until they pop. Stir seeds and cilantro into finished soup.