

Black (Beluga) Lentil Soup

Makes about 8 quarts.

4 Tbs. olive oil
4 cloves garlic, minced
2 large onions, chopped
4 ribs celery, chopped
Saute 3-5 minutes

Add:

4 cups black (beluga) lentils, uncooked
2 qts. vegetable broth
4 qts. water
4 bay leaves
2 tsp ground coriander
1 tsp ground cumin

As you bring this to a simmer, prepare:

8 large carrots, peeled and cut into chunks (about 6 cups)
7 cups potatoes, peeled and cut into chunks
Add to lentils.

Simmer until lentils and vegetables are tender, about 30-45 minutes.

Add:

10 oz frozen, chopped spinach,
5 Tbs. wheat-free tamari
1 tsp salt
black pepper to taste
Heat through and serve.

DELIVERY

- Label your kettle or pot (and its lid) with your name. Masking tape and permanent marker work well.
- Soups will be staged in the blue room behind the kitchen. Tell the kitchen staff when you drop yours off.
- Deliver your soup between 7 and 8 AM on Saturday morning.
For the Friday café, deliver between 2 and 3 PM.
- If you must drop off your soup earlier than these times, please leave a note on the kitchen counter to tell us where to find it.