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### Red Lentil Soup

#### Ingredients

1 ½ cups red lentils  
6 cups water  
3 bay leaves  
4 garlic cloves, chopped  
2 slices fresh ginger root, each about the size of a quarter  
2 medium carrots (1 cup grated)  
1 cup canned tomatoes, or 1 medium fresh tomato, chopped (undrained)  
1 small red or green bell pepper (1/2 cup finely chopped)  
1 ½ cups chopped onions  
2 tbsp olive oil  
1 ½ tsp ground cumin  
1 ½ tsp ground coriander  
Pinch cayenne  
2-3 tbsp fresh lemon juice  
Salt and ground black pepper to taste  
Fresh coriander for garnish

#### Method

- Sort and rinse the lentils. Put them into a soup pot with the water bay leaves, garlic, and ginger. Cover and place on high heat.
- Prepare the carrots, tomatoes, and bell peppers, and add them to the pot. Bring to a boil, stir, reduce the heat, and simmer, covered for 15 to 20 minutes, until the lentils are tender.
- While the vegetable simmer, sauté the onions on medium heat in the olive oil in a heavy skillet for about 10 minutes or until browned. Add the cumin, coriander and cayenne, and sauté for another minute, stirring to prevent sticking. Remove from the heat. When the lentils are tender, remove the bay leaves, and ginger from the soup pot. Stir in the sautéed onions and the lemon juice. Add salt and pepper to taste.

*Per 8 oz serving: 82 calories, 3.3g protein, 3.2 g fat, 11.2g carbohydrates, 74 mg sodium, 0 cholesterol.*

Recipe from the “Moosewood Restaurant Cooks at Home” cookbook.

[www.christineslonetsky.com](http://www.christineslonetsky.com)

## Madras Red Lentil Soup

### Ingredients

5 cups	red lentils
¾ tbsp	Mustard seeds
¾ tbsp	fenugreek seeds
2 tbsp	cumin seeds
¾ tbsp	coriander seeds (optional)
2	bay leaves
1 tsp	curry powder
4 cups	onion, thinly sliced
4 cloves	garlic, minced
2 inches	fresh ginger, chopped
1 tsp	Cayenne pepper
1 tsp	Turmeric
1 tbsp	sugar
1 Tbsp	salt
10 cups	water
3 cups	coconut milk
4 cups	tomatoes, chopped
¼ cup	lime juice
2 cups	fresh cilantro
2 tbsp	mushrooms, chopped

### Method

- Rinse lentils 5x. Cook in 10 cups water for 30 minutes. While lentils are cooking, toast the fenugreek, mustard, cumin and coriander seeds in a frying pan with some oil for 1 minute. Add crumpled bay leaves, curry powder, onions and garlic. Cook until onions are tender, set aside. Cook mushrooms with some oil in a pan. When lentils are done, add ginger, cayenne, turmeric, sugar and salt. Add the onion mixture. The soup should be thick, beware of sticking on bottom of pan. Add the coconut milk, tomatoes, lime juice, cilantro, mushrooms. Stir and enjoy.

Serves 20

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## Gluten Free Sprouted Bread



This recipe uses sprouted grains because they are much easier to digest, and full of enzymes and increased nutrients. The sprouting process brings the grain kernel to life for germination. “Sprouted” grain breads can be flourless. Most gluten-free breads on the market are laden with fruit juices, whereas this recipe uses agave because it is much lower on the glycemic index.

Note that flax seed meal is a perfect vegan (or otherwise) egg substitute when simmered with water, because it develops into a gel-like consistency.

Soak the millet, quinoa, and sesame seeds for 24 hours in enough water to cover. Hopefully the grains will begin to sprout, but may not. (They will still soften considerably, making them easier to digest.)

### Ingredients

1 cup	millet
1 cup	quinoa
1 cup	sesame seeds (for fiber and protein)
½ cup	coconut flour (very high in fiber)
½ cup	rice flour
2 tbsp	flax seed meal (egg substitute; high in Omega-3)
1-2 cups	almond milk
½	water
4 tbsp	coconut oil
2-3 tsp	agave, or to taste
½-1 tsp	sea salt
3 tsp	baking powder
1 tsp	baking soda

### Method

- Strain and rinse.
- Preheat the oven to 350F.
- Divide and puree half of the mixture in a blender with half of the almond milk, and pour into a large bowl. Repeat with the other half.
- Stir in the rice and coconut flour, sea salt, baking powder, and baking soda.

- Add the flax seed meal, coconut oil, and water in a small saucepan. Bring to a boil and let simmer until the flax seed is very glutinous. Pour into the bowl with the other ingredients.
- Stir thoroughly to blend.
- “Grease” a standard-sized bread pan with coconut oil, and pour the ingredients into it.

Bake at 350 F until done, and an inserted knife pulls out clean, about 1 hour. (Cover with a sheet of aluminum foil if the top is browning too fast and the center of the bread hasn't cooked thoroughly.)

YUM!

Original recipe from [www.anniebond.com](http://www.anniebond.com)

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## Humus

### Ingredients

2 cans	chick peas, drained (or Romano beans)
½ onion	red or sweet onion
Handful	parsley (chopped)
1 clove	garlic, minced
Juice of 1	lemon
3 Tbsp	olive oil
1 tbsp	balsamic vinegar
Dash	tamari or Braggs
1 Tbsp	tahini or 1 tsp peanut butter
Salt to taste	
Dash	cayenne pepper.

### Method

- Add above ingredients to food processor and blend until smooth. Can add more oil if you prefer a runnier consistency.

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