

Menu with Recipes

Menu

- French Lentil Soup
 - Sweet Corn Muffins
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French Lentil Soup

Serves: 4-5

Ingredients

- 1 cup French lentils, sorted and rinsed
- 4 cups water
- 2 bay leaves
- 3 tablespoons sunflower oil
- 1 cup onion, minced
- 2 celery stalks, cut diagonal, in thin ¼ inch diagonal
- 2 cups Russian kale leaves, chopped (without stems)
- Stems of kale, cut into thin diagonal strips (optional)
- 2 cups savoy cabbage, chopped
- A few pinches of Celtic salt
- 2 tablespoons vegetable broth powder
- 4 cups water
- 2 cups yam, cut into ½" cubes
- 2 tablespoons Bragg's Liquid Aminos, or to taste
- 1 teaspoon curry powder*

Instructions

Bring to a boil in a pressure cooker 1 cup French lentils, 4 cups water and 2 bay leaves.

Secure lid of pressure cooker and bring to a boil on high heat. Lower heat and simmer for 5 minutes (or as needed, according to pressure cooker used).

Turn heat off. Let pressure cooker cool down until it is safe to open.

Put 3 tablespoons sunflower oil in a skillet on medium heat. Add 1 cup onion, 2 sliced celery stalks, kale stems (save leaves for later in recipe), 2 cups chopped savoy cabbage and a few pinches Celtic salt. Sauté until onions are translucent.

When pressure cooker is opened, add 2 tablespoons vegetable broth powder, the sautéed vegetables, 4 cups water, 2 cups cubed yam and 2 cups chopped Kale leaves.

Bring pressure cooker to a boil once again, securing lid. Lower heat and simmer for 3 minutes (or as needed, according to pressure cooker used).

Turn heat off. Let pressure cooker cool down until it is safe to open.

Add to soup, 2 tablespoons Bragg's, or to taste.

*Variation: Add 1 teaspoon of curry powder to the soup for more spicy flavor.

Sweet Corn Muffins

These sweet corn muffins are light, without dairy or sugar.

Makes 12 muffins

Ingredients

2 eggs, beaten

1/3 cup sunflower oil, or melted butter

1/3 cup agave, or maple syrup

1 cup yellow cornmeal

1 cup whole wheat pastry flour

2 teaspoons baking powder

2/3 cup rice milk

Sunflower oil

Instructions

Preheat oven to 350°.

In a large bowl, mix 2 beaten eggs, 1/3 cup sunflower oil and 1/3 cup agave.

In a small bowl, sift together 1 cup yellow cornmeal, 1 cup whole wheat pastry flour and 2 teaspoons baking powder.

Add dry ingredients to wet ingredients. Add $\frac{2}{3}$ cup rice milk.

Oil muffin tin lightly with sunflower oil and spoon in batter. Each compartment will be about half full.

Bake at 350° for 20 minutes, or until tops are lightly golden; toothpick inserted comes out clean.