

# Vegetable and Lentil Soup

Adapted from Shanti at Home



## INGREDIENTS

- 1/2 tbsp olive oil or coconut oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1 celery stalk, washed and diced (or use leftover celeriac from last month)
- 2 carrots, washed and cubed
- 1/4 tsp thyme
- 1/4 tsp basil
- 2-3 cups chicken or vegetable broth
- 2 potatoes, washed and cubed
- 1 sweet potato, washed and cubed
- 3/4 cup diced tomatoes with juice
- 1/2 cup green lentils, rinsed and drained
- 1 bay leaf

## DIRECTIONS

1. In a large saucepan, sauté onions for 5 minutes in olive or coconut oil.
2. Add garlic, celery, carrots, thyme and basil. Sauté for 7 minutes or until vegetables are tender.
3. Add broth, potatoes, sweet potatoes, tomatoes, lentils and bay leaf.
4. Cover and bring to a boil. Reduce heat and simmer for 30-40 minutes.
5. Add salt and pepper to taste.

### Test Kitchen Tip

Add more stock, water or tomato juice if your soup is too thick.

### Kids in the Kitchen!

When children help with meals, they are more likely to eat them. Have your kids measure ingredients, wash and chop the vegetables (if old enough). Help brew the tea and slice the bread. Helping with clean up is also an important skill to learn.

## It's been a loaf changing experience!

We are so grateful for Amanda Coutts, owner of Amanda's Country Bakery in Dundalk. "Rye do you ask?" Because she has been supplying Local Food Club with fabulous bread for over 3 years and has been a tireless supporter of our programs. She recently hosted a bread making workshop in Shelburne, where intergenerational members of our community baked together and enjoyed a meal of soup and bread. Amanda has braved the elements and persevered car troubles to get her bread to us on time. When you see her at the Orangeville Farmers' Market please give her a hug or at the very least tell her "the world needs more loaf!"

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There is something not quite right about robins in the snow and crocus damaged by ice. The recent ice, snowfall and below zero temperatures caused havoc with flora, fauna and farmers alike. Farmers are delayed with spring planting and indoor seedlings are not as big as they should be. The sun's strength is actually the same as it will be in August, so hopefully things start to dry and warm up. Despite the unseasonal temperatures, April has always been the hardest month for us to find locally grown food. Storage stockpiles are gone and Ontario greenhouse veggies are limited. To fill your bag this month we cast our net a bit further afield. Pfenning's Organic in New Hamburg supplied the carrots, sweet potatoes, and potatoes in your pack. The spinach/greens mix was grown by Am Braigh Farm in Mono. Some of you have the very last lentils from Reid's Potatoes and Farm Market that have been in storage at HFFA headquarters. The aromatic peppermint tea in your pack comes from the Clearview Tea Company in Creemore. Although not quite in Headwaters region, we couldn't resist offering a soothing beverage to warm your hands and your hearts. To brew a family pot, use 2 tbsp of tea in the average "brown betty" sized tea pot, about four cups of water. The tea goes really well with a hunk of Amanda's multigrain bread slathered with a generous helping of local butter!

## Nutrition Report

A+

**Fibre**

Wow! This is one fibrous recipe. The lentils, potatoes, carrots and greens are chock full of this important complex carbohydrate.

A

**Iron**

A 1/2 cup serving of lentils provides you with 45% of your daily iron needs. There is also iron in your spinach and sweet potatoes. The vitamin C in the tomatoes will help you better absorb the iron. Win win!

B+

**Protein**

Green lentils are a great source of protein. A 1/2 cup serving of dry lentils contains 26 grams of protein. That's a lot for a legume!

## this month's food is from...

**Am Braigh Farm**

[ambraighfarm.com](http://ambraighfarm.com)

**Amanda's Country Bakery**

[amandascountrybakery.ca](http://amandascountrybakery.ca)

**Clearview Tea Company**

[clearviewtea.ca](http://clearviewtea.ca)

**Reid's Potatoes**

[reidspotatoes.com](http://reidspotatoes.com)

**Pfenning's Organics**

[pfenningsfarm.ca](http://pfenningsfarm.ca)

