



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

SOUPS•SALADS | Angela's Lentil Sour Soup

Ingredients:

2 cups dried lentils (orange or brown)
6 cups veggie stock or bouillon
1 cup diced potatoes
1/2 cup diced onion
3 tablespoons minced garlic (fresh is best)
2 tablespoons olive oil
1 teaspoon ground cumin
1 teaspoon dried thyme
1 cup chopped & packed Swiss Chard
1/3 cup fresh lemon juice
Grated zest of 1 lemon

Directions:

Wash lentils and place in large pot with veggie stock or bouillon
Add potatoes, onions, garlic, oil and spices.
Bring to a boil, reduce heat & simmer for 30 minutes.
Skim foam from top and add more water if needed.
Stir in chard, lemon juice & lemon zest.
Simmer another 5 minutes.
Season with salt to taste.