

Lentil – Vegetable Soup

Number of students: 75

Lentils	3¾ quarts
Water	8¾ quarts
Celery, chopped	5 cups
Carrots, chopped	5 cups
Salt	3 Tbsp
Diced Tomatoes	⅔ of a large can

Drain juice from tomatoes before adding to soup

Prep:

Measure and clean the lentils – spread them out on a flat pan to check for stones and other debris.

Now rinse the lentils and place in a bucket with twice as much water. Cover and store in the walk-in.

Chop celery and carrots; cover and store in walk-in.

Cook:

Drain and rinse lentils **during lunch prep**.

Divide lentils into 2 pots with heavy bottoms, add fresh water and bring to boil before the 1 pm group meditation.

Cover and turn off while you are sitting.

Bring lentils to a boil again when you return at 2pm. Be sure to skim off any foam.

Once boiling, cover and turn heat to low; let simmer for 30 min.

Sauté celery and carrots in olive oil until tender.

Once lentils have cooked 30 min, stir in sautéed vegetables.

Simmer together for 15-30 minutes more until lentils have fully cooked and are very soft.

Stir in salt and tomatoes.