



Lentil & Wild Rice Soup (V)

My first vegan recipe! The spices make it really rich - You won't miss the meat. This recipe is really filling and it makes a TON, so be prepared to freeze the remainder... Or give it away!

Ingredients:

1 1/2 c. red or green lentils	2 Tbsp. smoked salt
1 1/2 c. wild rice blend	1 dehydrated lime
10 Roma tomatoes	1 1/2 tsp. chili powder
2 large shallots, finely diced	1 1/2 tsp. crushed red pepper
3 carrots, finely diced	1 1/2 tsp. Jamaican allspice
8 whole cloves garlic	1 tsp. paprika
1 c. chopped spinach, rinsed & drained	1 tsp. whole coriander seeds
8 c. vegetable stock	1/2 tsp. black pepper
4 Tbsp. olive oil	

Instructions:

Cover lentils & rice with water and soak for 30 minutes (mix water and grains with your hand to ensure the water gets to the bottom). Skim off any loose husks, drain, and cover with more water. Let soak for another 30 minutes, skim off loose husks, and drain. Set aside.

Halve the Roma tomatoes and peel the garlic. Place tomatoes cut side down in a pan lined with tinfoil. Add garlic cloves. Drizzle with 2 Tbsp. olive oil and 1 Tbsp. smoked salt. Place in a 350° oven for 30-40 minutes, or until tomato skins split. Remove from oven and let cool. Peel the skins from the tomatoes and use the back of a spoon to crush the garlic cloves. Set aside.

Heat the remaining olive oil in a large stockpot. Over high heat, sauté the shallots and carrots until tender.

Instructions (continued):

Add the tomatoes, garlic, and juices from the roasting pan to the pot. Use the spoon to break up the tomatoes until there are no more large pieces. Turn the flame down to medium-high.

With the flat of a knife, crush the coriander seeds. Add them and the rest of the spices, including the lime, to the pot. Stir well to incorporate. Add the drained rice and lentils to the pot and cook, stirring occasionally. When the grains are sticking a little to the sides of the pot, add 6 cups of the stock and stir well. Reduce the heat and bring the soup to a simmer. Cover and let simmer for about 30 minutes.

After 30 minutes, check lentils and rice for tenderness. Add remaining 2 cups of stock, the spinach, and any extra spice desired for taste. Stir well, reduce heat even further, re-cover. Simmer for another 15-20 minutes.

Remove soup from heat, stir well, remove the lime, and let rest, covered. After 5 minutes, ladle into bowls and serve with toasted sourdough bread or ciabatta and green salad. Serves 8-10.

I personally think it's best to taste-test each time you add a bunch of ingredients. Wild rice is a heavy grain, and it soaks up a lot of flavor. I find the smoked salt to be more robust, so you don't need to use as much to be able to taste it. Dehydrated limes are a staple of Persian cuisine. Look for them at middle eastern grocery or specialty stores. If none are available, you can use a big fat piece of lemon peel instead. The fresher it is, the smaller a piece you should use.