

Mini-Lesson - Lentil Vegetable Soup

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Mini - Lesson

Welcome to the Vegetarian Cooking School mini-lesson! We hope your time here will be of benefit and value to help you cook better. Of, course this is a very short lesson. The video is only 6 minutes, but it will give you an idea what to expect.

In this lesson you will learn how to make a basic lentil soup. We will demonstrate cutting an onion and the difference between liquid measuring cups and dry measuring cups. Yes, there is a slight difference. Most of the time it doesn't really matter which one you use. What I didn't mention in the video was what the difference was, I was saving that for baking, but to avoid confusion let me explain it briefly. The dry cup is allows you to fill it to the rim, and scrape off the excess using a knife. The wet cup lets you fill it to the mark you need without risk of spilling. But the volume to the marks should be close to the same in both. In very finicky recipes the dry ingredients are measured by weight to be precise. More on this in further lessons.

The recipe demonstrated is Vegetable Lentil Soup, but we've included more recipes on this subject. Southwestern, Simple Tomato, and Spilt Pea Soups are here for you to try. Now remember, to adjust the flavors to your taste. A good cook tastes the food just before it is done to see if it needs any more salt, herbs, or other flavors.

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Lesson Recipe: Vegetable Lentil Soup

- 5 cups tomato juice (one large can)
- 4 cups water
- 1 cup lentils, washed
- 1 cup diced carrots
- 1 cup chopped celery (optional)
- 1/2 cup chopped onion
- 1 tsp sea salt
- 1 Tbsp “Beef Seasoning”
- 1/2 med red bell pepper - optional
- 2 med bay leaves

Bring tomato juice and water to a boil. Add the rest of the ingredients. Bring back to a boil; reduce heat and simmer 1 1/2 hours. Freezes well.

Other Options:

Add 1 cup uncooked barley or 2 cups potatoes. Be sure to use red or yellow potatoes, Russets will go to mush!

Serves 6

Nutrition Facts

Nutrition (per serving): 166.6 calories; 0.6g total fat; 0mg cholesterol; 444.3mg sodium; 926.4mg potassium; 32.3g carbs; 11.9g fiber; 10g sugar; 10.3g protein.

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Extra Recipes: Southwestern Soup

Adjust the heat with the salsa. Very nice without tomatoes, too.

- 6 cups water
- 3 to 4 Tbsp Golden Seasoning, pg. 139
- 1 can diced tomatoes, optional (796ml/28oz)
- 1/2 med red bell pepper, diced
- 1 can corn
- 1 small onion, diced
- 2 med carrots, diced
- 1 cup Golden Nuggets, Vol. 6 pg. 139
- 3/4 cup soup noodles
- 1/2 tsp garlic powder, optional
- 1 tsp cilantro, optional (or parsley)
- 1/2 cup salsa, mild or medium

Dice Golden Nuggets. Bring all to a boil in a large pot. Reduce heat and simmer 20 to 25 minutes. Serve.

Serves 4

Preparation time: 10 to 15 minutes

Cooking time: 30 to 35 minutes

Ready in: 45 minutes

Nutrition Facts

Nutrition (per serving): 218.7 calories; 1.7g total fat; 0mg cholesterol; 1171mg sodium; 803.8mg potassium; 38.1g carbs; 5.1g fiber; 10g sugar; 17.5g protein.

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Extra Recipe: Split Pea Soup

Can add Baco Bits to this for a more traditional flavour.

- 1 lb green split peas
- 1 large onion, chopped
- 10 cups water
- 2 1/2 cups potatoes, diced (3/4 pound)
- 1 1/2 cups carrots, diced (2 large)
- 3/4 cup celery, chopped
- 2 Tbsp Golden Seasoning, pg. 139
- 1/2 tsp sea salt
- 1/4 to 1/2 cup Baco Bits, optional

Combine peas, water, Golden Seasoning, celery, and onion in a large soup pot. Bring to a boil, reduce heat, cover, and simmer for 1 1/2 hours. Add potatoes and carrots, simmering another 15 to 30 minutes until vegetables are tender. If the soup is too thick, thin it with water. Season with sea salt to taste.

Serves 12

Nutrition Facts

Nutrition (per serving): 178.9 calories; 0.6g total fat; 0mg cholesterol; 211.9mg sodium; 709.9mg potassium; 34.2g carbs; 11g fiber; 4.3g sugar; 10.8g protein.

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Extra Recipe: Simple Tomato Soup

- 1 can crushed tomatoes
- 4 cups water
- 1/2 cup raw cashews
- 1/2 to 1 tsp sea salt to taste

Blend cashews with enough water to cover until smooth, add remaining ingredients and blend till creamy smooth. Pour into saucepan over medium heat and cook until hot and steamy. This is a very basic soup. Designed for a simple diet or to use as a base in other soups.

Serves 4

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 155.4 calories; 8.2g total fat; 0mg cholesterol; 503.6mg sodium; 688.6mg potassium; 18.9g carbs; 4.3g fiber; 1.0g sugar; 6.2g protein.

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Assignment

Now, since this is a mini-lesson, you will not send in an assignment.

Just do this to practice what you learnt. Again, please don't send this in!

1. Is there a difference between liquid and dry measuring cups?
2. Cook one of the soups. Fill in the recipe questions below:
 - a. Which soup did you choose?
 - b. Did you like it? Why or why not? (Part of cooking is learning why you like a recipe. What flavors appeal to you. Not everyone likes the same thing.)
 - c. How would you improve it?
 - d. Cook the recipe again and change one of the ingredients. What did you change?
 - e. Did you like the second recipe better?