

Lentil Soup

Number of students: 50 - 60

Lentils	4 quarts
Water	6 gallons
Olive Oil	½ cup
Carrots, Celery, diced	3 qts of each
Dry Basil, Thyme, Marjoram, Oregano, Dill Weed, Dill Seed	¼ cup of each
Bay leaves, average size	4
<u>DICED</u> Tomatoes	1 can
Tamari	1 cup
Apple Cider Vinegar	½ cup
Salt	¼ cup
Black Pepper, ground	1 ½ Tbsp
Fresh Parsley, washed and chopped	1 bunch

Instructions:

1. Divide the lentils and the water equally between the two biggest tall pots. Bring to boil, skim the foam, lower the heat to simmer and cook until the lentils are totally soft.
2. At the same time in the big rondo (the big, low-sided pot) sauté in the olive oil all the carrots and celery. Cook on low heat and stir very often to prevent burning and ensure even cooking. The veggies will cook for a long time. The idea is to get them to an almost melting state without burning them.
3. When the veggies are done, add the dry herbs and bay leaves and sauté for a few more minutes.
4. Divide cooked veggies equally between the two pots with the lentils. Add a can of diced tomatoes to each pot. Bring the soup back to simmer and cook gently for about 30 minutes. Remember to stir often scraping the bottom to prevent scorching.
5. When the soup is almost done (lentils will be mushy), divide equally the tamari, apple cider vinegar, salt and pepper and add to each pot.
6. Taste for seasoning and adjust. Add more water if the soup is too dense. It should be like a hearty soup, not a lentil stew.
7. Serve in the large vegetable inserts pictured on the other side of this page. Fill three for each dining room (for a full course) plus a medium size one for the servers.

Garnish all containers with the fresh chopped parsley.