DARK HORSE LENTIL SOUP (Attributed to George Harrison)

This recipe is from Louis L. Renner's book, *Mary Frampton & Friends Rock & Roll Recipes* (1980).

1 Red Chili
1 teaspoon Cumin Seeds
2 large Onions, chopped
2 Garlic Cloves
1 cup Lentils (you can use one or more types)
2 large Tomatoes, chopped
2 Green Peppers, chopped
1 Bay Leaf
Salt and Pepper to taste

Heat a small amount of oil in a frying pan. When the oil is good and hot, add the red chili and cumin seeds. When the seeds stop sputtering, brown the onions and garlic in the seasoned oil.

In a separate deep pan, wash the lentils in plenty of water. When clean, liberally cover with water. When the onions are browned, add them to the pan of lentils. Now add the tomatoes, peppers, bay leaf, salt and pepper.
Potatoes and carrots and small boiling onions may be added for a more substantial meal. Bring to a boil, cover and turn down to very low heat. The soup is ready to serve in an hour, and tastes even better the next day.

Editor's Note: The recipe uses a small amount of oil. To make it whole-food plant-based, dry toast the cumin seeds and consider adding "heat" in a way other than seasoning the oil, e.g., add a small amount of cayenne or hot sauce.



About the book (from amazon.com):

"Mary Frampton asked her friends in the rock music establishment, from Hampstead Heath to Los Angeles, for their favorite recipes - the meals they cook at home for family and friends. As the recipes, snapshots and letters came in, Mary reminisced about good times and fond memories such as Twiggy's first concert at London's Albert Hall, Ringo Starr's infamous New Year's Eve parties, and her earlier days with the lead guitarist of the Herd, Peter Frampton. From New Orleans, Dr. John sent his recipe for 'Jambalaya.' Among the varied contributors came recipes from Linda McCartney, Peter Allen, Ronnie Wood, J. Geils, George Harrison, Susan George, Paul Butterfield, and many other friends. In this unique book, you are invited inside the kitchens and the hearts of Rock's elite as Mary Frampton shares with us good food and good times."

Note: Mary Frampton is not to be confused with two women of the same name: the English diarist and botanist who lived in the late 1700s to mid 1800s, and the photojournalist and environmental activist who lived 1230-2006. She was the first wife of Peter Frampton, the guitarist, songwriter and singer who you may know from his signature song, "Show Me the Way."

