Mrs. Vegan's WFPB Dinner Recipes

CHARD AND RED LENTIL SOUP
(Adapted from Robin Robertson, *Quick-Fix Vegan*)



¼ cup water or dry sherry
1 onion, shredded or finely chopped
2 carrots, shredded
3 cloves garlic, minced
1 tsp ground cumin
½ tsp ground coriander
¼ tsp cayenne (or less to taste)
One 14.5 oz can diced tomatoes with juice
¾ cup dried red lentils
4 cups vegetable broth
¼ tsp each salt and black pepper
4 cups coarsely chopped chard

Heat water or sherry in a large pot. Add the onions, carrots and garlic; cover and cook until softened, 5 minutes. Stir in the spices, then add the tomatoes, lentils, broth, salt and pepper. Bring to a boil, then reduce the heat to medium and simmer, partially covered, until the lentils are tender, about 15 minutes. About 4 minutes before it is ready to serve, add the chard, stirring to wilt it. Serve hot.

This soup can be more like a stew if you serve it over cooked grains or pasta.



BROWN RICE

(optional with this recipe)



1 cup brown rice

2 2/3 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

This is a good ratio of rice to water. For a larger crowd you can cook 1½ cups of rice in 4 cups of water (easy to remember).