



Recipe Submitted by: SV Rendezvous

Lentil Soup

The soup is excellent and is a meal by itself. Add a slice of bread and it is "enough" for dinner. If you are trying to save money on your food budget, try cooking this soup twice a week. If you need to be able to eat well without using refrigerated foods, this should be one of your regular meals.

Pressure Cooker Lentil Soup

- 1/2 cup lentils
- 2 tbsp olive oil
- 1 onion
- 2 cloves garlic
- 2 potatoes
- 1 carrot
- 3 cloves
- 1 tsp Basil
- some ground pepper
- 1/2 tsp celery seeds
- 1 tbsp flour
- a shot of wine, sherry or beer
- 2 cups water
- 1 tsp salt
- a shot of soy sauce, Worcestershire or other sauce

Rinse 1/2 cup lentils in water.

Chop 1 onion and a few cloves garlic.

Sautee onion and garlic in 2 tbsp olive oil.

Peel and dice 2 potatoes and a carrot into the pot.

Add 3 cloves, 1 tsp other herb (basil, thyme, rosemary, parsley, etc.)

Add a little ground pepper and a half teaspoon celery seed.

When vegetables start to soften, add 1 tbsp flour. It will get sticky, so stir it.

After a minute or two of frying the flour, add a shot of wine or cooking sherry.

Stir well add lentils and 2 cups water.

Stir well, cap pressure cooker, bring up to pressure, reduce flame, cook 20 minutes under pressure.

Turn off flame, let pressure drop slowly.

Add 1 tsp salt (more or less to taste) and your favourite flavouring sauce.

1/2 cup dry lentils will be enough for two people for lunch and with enough leftovers for dinner, if you add potatoes and are not a big eater. This recipe gets my recommendation as the best pressure cooker - legume - unrefrigerated ingredients recipe that I have ever tried. Good boat food!