

Affordable but Forgotten Foods

Spring 2020



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Lemony Red Lentil Soup

Vegan. Common allergens: None.

Serves 4

Ingredients

- 1 tablespoon olive oil
- 1 medium white onion, diced
- 2 medium carrots, diced
- 5 cloves garlic, minced
- 6 cups vegetable stock
- 1 ½ cups red lentils, picked over and rinsed
- 2/3 cup corn
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- (optional) pinch each of saffron and cayenne
- Zest and juice of 1-2 lemons, to taste
- Salt and black pepper to taste

Instructions

1. Heat oil in a large stockpot over medium-high heat. Add onion and carrots and sauté for 5 minutes, stirring occasionally, until the onions are soft and translucent. Add garlic and sauté for 1 more minute, stirring occasionally, until fragrant.
2. Stir in the vegetable stock, lentils, corn, cumin, curry powder (plus saffron and cayenne, if using) until combined. Continue cooking until the soup reaches a simmer. Then cover and cook for 15 minutes, stirring occasionally, until the lentils are completely tender.
3. Optional: Using either a hand blender or traditional blender, puree the soup until it reaches your desired consistency. You may need to do this in batches if you're using a traditional blender. And always be careful, since hot liquids expand while blending. Return the pureed soup to the pot.
4. Stir in the lemon zest and juice until combined. Taste and season the soup with sea salt (about 1 ½ tsp) and black pepper (about ½ tsp) as needed.
5. Serve warm. Or refrigerate in a sealed container for up to 3 days, or freeze for up to 3 months.

Recipe Source: [Gimme Some Oven](http://gimmesomeoven.com/lemony-red-lentil-soup/)

Notes

- The lemony flavor tends to dissipate after a day or so. Consider adding fresh lemon juice or zest when you eat the leftovers.

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Simple Roasted Cabbage Steaks

Vegan. Common allergens: None.

Serves 4

Ingredients

- 1 small head green cabbage
- $\frac{1}{2}$ cup extra virgin olive oil
- Salt and pepper to taste

Instructions

1. Preheat oven to 400°F. Line a baking sheet with parchment or a silicone baking mat, or brush with oil.
2. Slice cabbage into $\frac{1}{2}$ inch steaks.
3. Brush with olive oil
4. Bake until edges are deep golden brown, turning halfway, about 35-40 minutes. Season with salt and pepper to taste.

Notes

This recipe can be the base for other flavorings. Try other flavor combinations, such as:

- Balsamic glaze: olive oil, balsamic vinegar, and honey
- Sesame soy: Reduced sodium tamari or soy sauce, sesame oil, and rice vinegar
- Thai: Oil, lime juice, garlic, brown sugar, cilantro, and sambal oelek
- Mustard vinaigrette (dress after roasting): oil, red wine vinegar, coarse mustard, Dijon mustard, honey, garlic, salt, pepper, and water to thin if necessary