

Rosemary Red Soup

Recipe reprinted from Feeding the Whole Family by Cynthia Lair (Sasquatch Books).

This soup is a gorgeous red color with a deep, satisfying taste to match. Because of the combination of legumes and vegetables, all you need is some whole-grain bread and salad to make this into a beautifully balanced meal.

Makes 6-8 servings

3 medium carrots, chopped
1 beet, chopped (2 if small)
1T extra-virgin olive oil
1 large onion, diced
2T fresh chopped rosemary or 2 teaspoons dried
1T fresh oregano or 1 teaspoon dried
1 cup dried red lentils
2 bay leaves
4-5 cup water or stock
2-3T light miso

Scrub and chop carrots and beet. Remove tops of beet if present. Heat oil in a 4-quart pot; add onion and sauté until soft. Add carrots and beet; sauté a few minutes more. Finely chop rosemary and oregano leaves, if using fresh herbs. Wash and drain lentils. Add herbs, lentils, bay leaves, and water or stock to sautéed vegetables; bring to a boil. Lower heat and simmer 40 minutes. Remove bay leaves. Let soup cool and puree in small batches in blender or use an immersion blender. Dissolve miso in ½ cup water and stir into pureed soup. Gently reheat before serving if needed and garnish with sour cream if desired.

Preparation time: 50 minutes

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