

## Red Pepper and Lentil Soup

In a heavy soup pot, add:

- 4 medium or 3 large onions, diced
- 8 ribs celery (plus the tops), diced
- 2 red bell peppers, seeded and diced
- 10 cloves garlic, minced
- 1-3 jalapeño peppers with the seeds, diced finely, fewer if you don't like spicy foods
- 3/4 cup olive oil

Dice onion, celery, peppers, garlic and jalapeños. Sauté in a heavy pan on medium low with olive oil, stirring frequently, about 30 minutes until vegetables are soft.

- 2 1/4 cups red lentils
- 10 cups water

Add lentils and water. Stir. Simmer on medium-high until lentils are cooked, usually about 15 minutes. (If you want to make this quickly, cook lentils and water in a separate pot, then add the lentils to the vegetables once they have been sautéed and are soft. It will save 30 minutes). Add:

- 2 cups white wine or more water
- 32 oz. can crushed/diced/whole tomatoes
- 1 handful fresh Thai basil, chopped (or Italian if you don't have it)
- 1 teaspoon black pepper
- 3 Tablespoons sugar
- 2 Tablespoons Better than Bouillon paste
- 1 Tablespoon salt or to taste

Turn the heat off for a minute. Add the wine or water, tomatoes, and spices. Use an immersion blender and puree until smooth. Bring to a boil then reduce heat to a low. Simmer for at least 15 minutes more. Serves 8.

### *Vegan Biscuits*

- 2 cups all-purpose flour
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 3 Tablespoons sugar
- 1/2 cup vegan margarine (I use Earth Balance)
- 1 cup soy milk

Mix dry ingredients together. Cut margarine in with a pastry fork. Add soy milk and fold it in until batter just holds together. Form large, flat balls and bake on ungreased cookie sheet at 350 F for 11 minutes. Serves 4.

For more vegan recipes see [www.TruthAboutNursing.org/vegan](http://www.TruthAboutNursing.org/vegan)