

Creamy Lentil Vegetable Soup

Instructions:

1. Rinse the mushrooms to remove any dirt or debris, then cut into thick slices.
2. Add the mushrooms to a large soup pot or Dutch oven along with the cooking oil and a pinch of salt and pepper. Sauté the mushrooms over medium heat until they have released all their water, and it has evaporated out of the pot.
3. While the mushrooms are sauteing, dice the carrots, celery and onion, and mince the garlic. Add to the soup pot along with the thyme, sage and rosemary. Continue to sauté the vegetables until the onions are soft and see-through.
4. Add the lentils and vegetable broth to the pot. Stir to combine, then place a lid on the pot and turn the heat up to high. Allow the soup to come to a boil, then reduce the heat to medium-low and let it simmer for about 20 minutes, or until the lentils are tender.
5. Once the lentils are tender, add the coconut milk, stir to combine, and let it simmer for five minutes.
6. Taste and add salt and pepper, if needed.

Ingredients:

- 16 ounces mushrooms, fresh
- 2 tablespoons cooking oil
- 3 carrots
- 3 celery sticks
- 1 yellow onion
- 2 cloves garlic
- 1/2 teaspoon dried thyme
- 1/2 teaspoon rubbed sage
- 1/2 teaspoon dried rosemary
- 1 cup brown lentils
- 3 cups vegetable broth
- 1 - 13.5 ounce can full-fat coconut milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Red Lentil and Pumpkin Soup

Instructions:

1. Dice the onion, chop the garlic into tiny pieces and grate the ginger. Add to a large pot with the olive oil and sauté over medium heat for about 5 minutes, or until the onions are soft.
2. Add the curry powder and continue to sauté for about a minute more.
3. Add the pumpkin purée, lentils and vegetable broth. Stir to combine.
4. Place a lid on the pot and bring the soup to a boil over medium-high heat. Once boiling, turn the heat down to medium-low. Simmer the soup, stirring occasionally, for 20 minutes.
5. Taste and add salt, if needed.

Ingredients:

- 1 yellow onion
- 2 cloves garlic
- 1 teaspoon grated ginger, fresh
- 1 tablespoon olive oil
- 1 tablespoon curry powder
- 1 - 15 ounce can pumpkin purée
- 1 cup dry red lentils
- 6 cups vegetable broth
- 1/2 teaspoon salt

Rosemary Garlic White Bean Soup

Instructions:

1. Before you begin, pour one of the cans of cannellini beans (with liquid) into a blender and purée. Drain the other 2 cans of beans and set them to the side.
2. Mince the garlic and add it to a soup pot with the olive oil. Sauté the garlic over medium heat for about one minute, or until the garlic is very fragrant.
3. Add the puréed cannellini beans, the other two cans of drained beans, broth, rosemary, thyme and black pepper. Stir to combine.
4. Place a lid on the pot, turn the heat up to medium-high and bring the soup to a boil. Once boiling, turn the heat down to medium-low, remove the lid and allow it to simmer for 15 minutes, stirring occasionally.
5. Smash the beans slightly to thicken the soup. Taste and add salt and pepper, if needed.

Ingredients:

- 2 tablespoons olive oil
- 4 cloves garlic
- 3 - 15 ounce cans cannellini beans
- 2 cups vegetable or chicken broth
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- Black pepper to taste