

“SOUP KITCHEN”

WIN Winter Weekend ‘22

The Norfolk Food Pantry - Church of Christ

Down to Earth Recipes

Two Soups, a Spice Mix and Corn Muffins
from Linda Garrettson, the Good Natured Cook

Three Bean Lentil Soup

Makes 10 to 12 cups

*Adapted from “The How Not To Diet Cookbook”
by Michael Greger, MD, FACLM*

Ingredients:

1 red onion, chopped
4 cloves garlic, thinly sliced
1 tablespoon ground turmeric
1 teaspoon ground coriander
1 teaspoon ground cumin
1/2 to 1 cup of brown dried lentils
1 15 oz. can each of kidney beans, chickpeas and cannellini beans (total of 3 cans)
8 cups of low sodium vegetable broth or water
6 cups of chopped spinach, kale or arugula, fresh or frozen
1 cup chopped parsley
1 bunch chopped scallions
Dr. Greger’s Super-Charged Spice Blend or seasoning of your choice—see recipe below
Several pinches of sea salt

Start Cooking:

1. Heat ½ cup of water in a large pot and add the onions and garlic. Cook for 4 minutes until the onion is soft. Add the turmeric, coriander, cumin, lentils and vegetable broth. Bring to a boil.
2. Lower the heat to simmer. Add the three beans. Cover and cook until the lentils are tender, about 30-40 minutes.
3. Add the spinach, parsley, scallions, and spice blend. Cook for 10 minutes. Serve hot. There’s a lot of goodness in this soup!

Dr. Greger's Super-Charged Spice Blend
Makes 1/2 cup

Adapted from "The How Not To Diet Cookbook"
by Michael Greger, MD, FACLM

Ingredients:

1/4 cup nutritional yeast
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon dried parsley
1 tablespoon dried basil
2 teaspoons ground thyme
2 teaspoons mustard powder
2 teaspoons paprika
2 teaspoons ground cumin
1 teaspoon black cumin (nigella seeds)
1 teaspoon ground ginger
1/2 teaspoon ground turmeric
1/2 teaspoon celery seeds
1/2 teaspoon ground black pepper

Combine all ingredients in the bowl of a food processor and pulverize to a small grind. Transfer to a shaker bottle or spice grinder and store in a cool, dry place. Easy peasy, full of zip, and the fragrance alone is intoxicating!

Carrot Apple Ginger Soup for Kids

Makes 4 cups

Ingredients:

3 cups of carrots, washed, unpeeled, cut into 1-inch pieces (3 to 4 large carrots)

1 cup plus 3/4 cup unsweetened apple juice

Several pinches of sea salt

1 to 2 teaspoons of fresh grated ginger

Optional garnishes: lemon slices, parsley, scallions, diced apples

Start Cooking:

4. Place the carrots, 1 cup of apple juice and 1 cup of water in a saucepan. Heat until boiling, add the sea salt, cover and lower heat. Simmer for 20 minutes or until carrots are fork tender.
5. Add additional 3/4 cup of apple juice and grated ginger.
3. Puree the carrots and their juices with a hand held mixer, or blend in a food processor or blender.
4. Return to heat to fully warm. Yum, what child doesn't like carrots or apples?!

Corn Muffins

Makes 24 mini muffins

Adapted from "The 30-Day Alzheimer's Solution"
by Dean Sherzai, MD, PHd and Ayesha Sherzai, MD, MAS

Ingredients:

1 tablespoon ground flaxseeds
3 tablespoons water
2 teaspoons apple cider vinegar
1 cup unsweetened soy or plant milk
1 cup whole wheat flour (or a mix of whole wheat, oat or rice flours)
1 cup corn flour, or fine ground corn meal
3 teaspoons baking powder
1/2 cup applesauce
1/4 cup maple syrup
1 tablespoon of extra virgin olive oil
Pinch of sea salt

Start Cooking:

6. Preheat the oven to 350 degrees. Line a 24-cup mini muffin tin with paper liners.
7. Mix the flaxseeds and water and set aside. Mix the vinegar and soy milk in a separate bowl and set aside.
5. In a large bowl mix the flour, cornmeal, baking powder and sea salt.
6. Add the flaxseeds, soy milk, applesauce, maple syrup and olive oil, and stir to blend thoroughly.
7. Spoon batter evenly into the muffin cups and bake for 15 to 20 minutes or until the edges are lightly browned.
8. Cool for 10 minutes and enjoy!