



Lentil Soup

Family Recipe

Serves 6

Ingredients:

- 1 tablespoon vegetable oil
- 3 cloves garlic, chopped
- 1 onion, peeled and diced
- 1 tablespoon kosher salt
- 3 celery stalks, trimmed and diced
- 4 carrots, peeled and diced
- 1 gallon of water, divided
- 1 pound of lentils
- 1, 15ounce can diced tomatoes
- 1 teaspoon black pepper

Directions:

1. Heat the oil in a large soup pot over medium heat. Add the garlic and cook until golden, stirring often.
2. Add the onion and sprinkle it with salt. Cook the onion until it begins to soften, stirring often, approximately 5 minutes.
3. Add the carrots and celery. Cover the pot and cook the vegetables for 10 minutes, stirring often.
4. Raise the heat to high and add 4 cups of water. Bring the mixture to a boil. Reduce the heat and simmer for 10 minutes.
5. Raise the heat to high. Add the lentils, diced tomatoes and remaining 12 cups of water. Stir in the black pepper. Bring the soup to a boil.
6. Reduce the heat and simmer the soup until the lentils are very tender, approximately 45 minutes.

For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.

For more information, email dolcott@challiance.org.

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

Do 5-2-1 Every Day!

5 servings of fruits & vegetables

2 hours or less of TV/screen time

1 hour of physical activity