



## *Our Family Recipes*

### **Angela's Lentil Sour Soup**

(Angela Louise Thompson McCoy)

### **Soups**

#### **Ingredients:**

2 cups dried lentils (orange or brown)  
6 cups veggie stock or bouillon  
1 cup diced potatoes  
1/2 cup diced onion  
3 tablespoons minced garlic (fresh is best)  
2 tablespoons olive oil  
1 teaspoon ground cumin  
1 teaspoon dried thyme  
1 cup chopped & packed Swiss Chard  
1/3 cup fresh lemon juice  
Grated zest of 1 lemon

#### **Directions:**

Wash lentils and place in large pot with veggie stock or bouillon  
Add potatoes, onions, garlic, oil and spices.  
Bring to a boil, reduce heat & simmer for 30 minutes.  
Skim foam from top and add more water if needed.  
Stir in chard, lemon juice & lemon zest.  
Simmer another 5 minutes.  
Season with salt to taste.

Angela found this recipe in Vegetarian Times while she was attending school at Santa Cruz in the 90's.

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.