

S O U P

My four grandparents were Jewish immigrants from eastern Europe. That is my heritage, and an important part of my culture. So, for many years, my idea of comfort food was matzoh-ball soup, made with a whole chicken. Matzoh balls are like dumplings, only lighter, made with matzoh meal and oil rather than flour and milk. (Using a dairy product in this dish would render it unkosher [*tref*] because of the law forbidding milk and meat in the same meal [Ex 23:19]).

Culture is tradition, but it is also fluid. My food culture changed about three and a half years ago when Terry and I embarked on Whole Foods Plant Based eating. This is a form of veganism that is focused on long-term wellness. It has been shown to prevent and reverse the prevalent inflammatory diseases associated with the Standard American Diet (S.A.D.) — cardio-vascular disease, cancer, diabetes, obesity, and more.

Regardless of culture, at our house comfort food means *soup*. So here is our go-to belly-filling, artery-clearing, cancer cell starving, 100% kosher, animal-free, delicious, warming, and comforting

LENTIL SOUP

Ingredients

6 quarts water, vegetable stock, or both
4 cups dry brown or green lentils
1/4 small green cabbage, chopped
4 celery ribs (including the leaves), chopped
4 large carrots, chopped
1 large yellow or white onion, chopped
30 oz canned diced tomatoes
1/4 cup balsamic or red wine vinegar
2 bay leaves
1/2 cup fresh parsley, chopped (or 1/4 cup dried)
1 t black pepper (double this for more heat)
1 T ground coriander
1 T garlic powder
2 t salt or miso (omit if using salted stock or salted tomatoes)

Steps

- 1. Simmer lentils in water/stock 30 minutes.*
- 2. Add all other ingredients and simmer 60 minutes more, or until lentils and vegetables are soft.*
- 3. Serve with your favorite whole-grain bread, and that's a meal!*

