



BIG B GROCERY

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"AMERICAN OWNED AND OPERATED"**

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BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY

Lentil SOUPS

Ingredients:

- 1 pound red lentils (see note)
- 2 teaspoons salt
- 2 medium sweet potatoes (see note)
- 2 tablespoons vegetable oil
- 1 medium onion
- 1 red bell pepper
- 2 carrots
- 2 tablespoons minced garlic (about 6 large cloves)
- 1 tablespoon finely minced or grated ginger
- 2 tablespoons good quality curry powder
- 1/4 teaspoon hot red pepper flakes
- Lemon juice or apple cider vinegar

Directions:

Combine lentils with 8 cups of water in a large saucepan and bring to a

boil over high heat. Add salt, reduce heat to low, cover and cook until they are very soft, about 20 minutes. Meanwhile, poke the sweet potatoes in several places. Put in a 350-degree oven. Bake until they are very soft, about 1 hour.

Heat the oil in a skillet over medium heat. Peel and mince onion. Add to pan. Core and seed bell pepper, chop and add to pan with onion. Mince carrots and add to pan. Stirring occasionally, cook vegetables about 15 minutes. They should be quite soft and reduced in size. Add garlic and ginger and cook 5 minutes more.

Scrape the vegetables into the lentils. Add curry powder and red pepper flakes and continue cooking. When the potatoes are soft and you can handle them (either let them cool or use a pot holder), slice open the skins and scoop the meat into the soup. Use a hand-held immersion blender to blend the mix into a puree or puree the soup in batches in a regular countertop blender. Serve with a squeeze of lemon juice or 1 teaspoon or so of apple cider vinegar.

Note: Red lentils cook very quickly -- they'll be soft in 20 minutes or so. We suggest baking sweet potatoes before putting them in soup because long baking brings out the best flavor. If you want to dice them and put them right into the soup without baking, that's OK; they're still plenty delicious and good for you.

Mediterranean Bean Soup

Servings: 6

Ingredients:

1 pound dried cannellini or navy beans
2 teaspoons salt
2 tablespoons olive oil
1 medium onion
2 bell peppers
2 carrots
1 rib celery
2 tablespoons minced garlic (about 6 large cloves)
1 bunch fresh kale
14 to 16 ounces canned crushed tomatoes
1 teaspoon dried basil
1 teaspoon dried rosemary
1/4 teaspoon hot red pepper flakes

Directions:

Rinse beans and pick out any debris. Put the beans in a slow cooker set on high. Add salt and 8 cups water. Cook 8 hours or overnight (or cook in simmering water on the stove for a couple of hours).

Heat the oil in a wide skillet over medium heat. Peel and mince onion and add to pan. Core and seed bell peppers, dice the peppers and add to pan with onion. Mince carrots and celery and add to vegetables. Stirring

occasionally, cook vegetables about 15 minutes over medium heat. They should be quite soft and reduced in size. Add garlic and cook five minutes more.

Scrape the vegetables into the beans. Rinse the kale, remove any big stems. Chop the leaves and add to the soup along with tomatoes, basil, rosemary and red pepper flakes. Cook until kale is wilted and tender.

LENTIL SOUP WEST INDIAN WAY

Quarter cup toor lentils
Quarter cup chana lentils
2 tbsp moong lentils
2 tbsp masoor (red) lentils
1 onion, sliced fine
1" ginger, chopped fine
4 garlic cloves, chopped fine
1 tsp chili powder
Half tsp turmeric powder
1 tsp whole cumin
3 dry whole red chilies
10 curry leaves
2 tbsp sunflower oil
2 tsp ghee
1 tsp tamarind paste

4 cups of water

Salt to taste

Wash the dhal until the water from them runs clear. In a pot, put the lentils, the turmeric, and half a teaspoon of chili powder. Boil the lentils on a medium high flame, stirring from time to time.

You need to keep adding water when the mixture dries up to make sure the lentils cook. Or just pressures cook the whole lot.

In a small pan, heat the sunflower oil and when hot fry the ginger and garlic. When they start turning brown, add the onions and fry until they start going brown too.

Mix this into the lentils when the lentils look like they are almost cooked. They will start getting a smooth consistency with the chana lentils retaining their shape but going soft and squidgy.

In the same pot that you fried the onions, heat the ghee and fry the whole cumin seeds, the whole red chilies and the curry leaves. When the curry leaves starts letting out a glorious aroma add the mixture into the lentils.

Stir the dhal well and simmer for 5 minutes, mixing in the tamarind paste and salt to taste.

Spicy Red Lentil Chili Ingredients

1 cup Goya Red Lentils

1/8 teaspoon turmeric

4 cups + 2 Tbsp water divided

2 tablespoons Butter

1/2 cup onion 1/4-inch dice

1/4 cup Celery (about 1 stalk) celery, 1/4-inch dice

2 tablespoons Peeled Garlic chopped

1 medium Tomato (about 1/2 lb) tomato, cored, 1/2-inch dice (1 cup)

2 cups Vegetable Culinary Stock

1 tablespoon Tabasco sauce

1/8 teaspoon cumin

1/8 teaspoon cayenne
pepper

1 teaspoon sea salt

1/2 teaspoon black pepper

1/8 teaspoon chili powder

2 tablespoons corn starch

1/4 cup finely diced sweet
green pepper

Salt to taste

Instructions for Spicy Red Lentil Chili

You'll Need: Blender

Bring lentils and 2 cups water to boil on HIGH; turn off heat. Remove half the lentils and liquid; place in food processor or blender and puree, about 1 min.

Melt butter in stockpot on MEDIUM-LOW. Add onions; cook, stirring,

about 2 min, until soft but not browned. Add celery and garlic; cook, stirring, 5 min, until soft but not browned. Add tomatoes; cook 5 min.

Add vegetable stock, 2 cups water, and seasonings. Bring to simmer.

Add reserved whole and pureed lentils plus liquid. Cook about 15 min, until lentils are tender.

If not thick enough-

Combine cornstarch and remaining 2 Tbsp water in small bowl. Bring soup to boil; add cornstarch/water mixture. Stir 30 seconds to thicken slightly. Turn off heat; add green peppers. Season to taste

Mr. Big B of Gluttony is no Sin got me on his Sambhar. It's a typical south Indian thick lentil soup and is a delight to have steaming hot sambhar on a cold winter day. Thank you Big B sharing your recipe. I have added carrots, tomatoes, baby onions and a dash of jaggery in addition to the ingredients provided in Doc's recipe. Tastes good

The lentil used is split red gram (called kandi pappu in Telugu, tur dal in Hindi) and the veggies used are carrot, baby onions, tomato and capsicum.

Ingredients:

1 cup tur dal(split red gram, kandi pappu)-washed and boiled till soft or pressure cooked

1 chopped big tomato

5-6 baby onions (peeled)

1 big capsicum(chopped into 2" pieces)

1 carrot (chopped into 2" pieces)

3-4 slit green chillis

2 tsp sambhar powder (MTR is a good brand)

1 tsp curry masala powder (2 tbsp coriander seeds,1 tbsp channa dal,6-8 whole dry red chillis,1 tbsp poppy seeds and 2 table spoons coconut scrapings - dry roast and grind to a coarse powder)-store the left over curry masala powder

2 tbsp tamarind paste (or big lemon sized tamarind pulp soaked in warm water to remove the extract)

1/2 tsp grated jaggery or sugar(optional and not mentioned in Doc's recipe)

salt



For tempering/popu/tadka:

1/2 tsp mustard seeds (aavaluria)

10 curry leaves

1/2 tsp fenugreek seeds (methi seeds, menthulu)

1/4 tsp asafoetida (inguva, hing)

1 whole dry red chilli (deseed and tear into pieces)

Method:

Heat 1 tbsp oil in a wok or cooking dish. Add mustard seeds and let them splutter.

Now add the fenugreek seeds, curry leaves, dry red chilli and asafoetida and fry for 10-15 seconds or till fenugreek seeds brown. Don't burn it.

Now add all the veggies (baby onions, capsicums, carrots and tomatoes) and green chillis and stir fry for 3 minutes.



Now add the pressure cooked tur dal along with 2 cups of water and mix well till it blends with the veggies. Bring it to boil and let it cook for 7-8 minutes.

Now add the tamarind paste along with one cup of water and mix well. Cook till rawness of tamarind disappears.



Add salt, sambhar powder and curry masala powder and mix well. Let it cook for 10-12 minutes.

I like to add some jaggery or sugar. But it's according to individual taste and optional.

Garnish with chopped coriander leaves and sambhar is ready.

Sambhar can be had as a steaming hot thick soup. Generally served with idlis/dosas/vadas and rice. Tonight we are having sambhar with idlis (steamed rice cakes).

Thank you Doc once again for sharing your recipe. :):)