

# **Cooking with Amanda – Soups and Salads**

## **Class 1 – Potato Corn Chowder and Lentil Soup**

### **Potato Corn Chowder**

Mashing the potatoes makes this soup creamy, not unlike a traditional chowder.

Serves 6

- 6 cups vegetable broth or water
- 2 pounds potatoes, chopped, not peeled
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tomato, chopped (or half a 14oz can of chopped tomatoes)
- 1 teaspoon dried basil
- 1 teaspoon dried marjoram
- 1 teaspoon dried thyme
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- 1 cup frozen corn

In a medium stockpot, cook the potatoes in the stock or water for 30 to 40 minutes, along with the onion, garlic, tomato, basil, marjoram, thyme, salt and pepper. Take out 2 cups of the cooked potatoes (use tongs or a large slotted spoon), mash them, and then add them back to the stock, or use a stick blender for a smoother consistency. Mix well, add the corn, and cook for another 5 to 10 minutes.

### **Turkish Lentil Soup**

Serves 8

- 1 cup onions, chopped
- 4 large cloves garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 2 large bay leaves
- 1½ cups brown lentils
- 6 cups water
- 2 cups vegetable stock
- 1½ tablespoons balsamic vinegar
- Salt and ground black pepper
- 2 tablespoons chopped fresh cilantro (optional for garnish)

Heat a little water in a medium stockpot or Dutch oven over medium heat, add the onions and garlic and sauté until they are translucent, 5 to 10 minutes, allowing the water to evaporate and the pot to brown a little before adding more water.

Add the cumin, cinnamon, ginger and bay leaves and sauté for a couple of minutes. Add the lentils and 4 cups water, bring to a boil, and cook until the lentils are soft, about 20 minutes. Remove the bay leaves. Add the vegetable stock, the remaining 2 cups water, and the balsamic vinegar. Taste and season with salt and pepper as desired. Heat through. Garnish with cilantro and serve.

