

Red Cabbage & Black Beluga Lentil Soup

6 - 2 cup servings:

	Price at Co-op	with Double SNAP
2 tsp oil	\$0.50	\$0.25
1 cup diced red onion	\$1.08	\$0.54
2 stalk diced celery	\$0.11	\$0.06
6 cups chopped red cabbage	\$1.35	\$0.67
2 cloves minced garlic	\$0.63	\$0.32
12 cups water		
1 tsp dried sage	\$0.02	\$0.01
1 tsp oregano	\$0.05	\$0.03
1 tsp sea salt	\$0.08	\$0.04
½ tsp ground black pepper	\$0.09	\$0.05
2 cups black beluga lentils	\$2.07	\$1.04
2 large diced tomato	<u>\$1.36</u>	<u>\$0.68</u>
(yellow if available)	\$7.34 (\$1.22/serving)	\$3.67(\$0.61)

Directions:

In a large soup pot heat cooking oil on medium heat and add the diced red onion and celery. Cook until onion begins to seat and become translucent. Stir frequently. Add coarsely chopped red cabbage and minced garlic and cook for one minute. Add the water, dried sage, dried oregano, sea salt, ground black pepper and bring to a boil. Reduce heat to low and add the black beluga lentils. Cook at low boil for 30 minutes. Remove from heat, stir in diced tomatoes and serve with sourdough bread (optional).

