



Jill Nussinow, MS, RDN The Veggie Queen www.theveggiequeen.com

Lentil Soup Provençal

Serves 6–8

Lentil soup is so easy to flavor in many ways. This one uses Herbs de Provence but it could just as easily be an Italian or Greek seasoning. You could make this with split peas instead of lentils, if you prefer.

7 minutes high pressure; natural pressure release

- 1 tablespoon olive oil, if using
- 2 leeks, slit lengthwise, washed well and sliced, use mostly white part to equal 1 to 1 ½ cups
- 3 cloves garlic, minced
- 1½ teaspoons Herbs de Provence or rosemary, thyme, savory, parsley and even basil
- 2 bay leaves
- 2 carrots, cut in half lengthwise, then sliced
- 2 stalks celery, cut in half lengthwise, then sliced
- 2 cups brown lentils
- 5 cups vegetable broth
- 6–8 sundried tomatoes, not in oil (dehydrated), sliced
- ½ cup or more of frozen or canned artichoke hearts, sliced
- ¼ cup minced Italian parsley
- Salt and pepper, to taste

Heat the olive oil in a pressure cooker over medium heat. Add the leeks, and sauté for 1 to 2 minutes, until they soften a bit. Add garlic and the Herbs de Provence and sauté another minute. Add the bay leaves, carrots, celery, lentils, broth and sundried tomatoes.

Lock the lid on the pressure cooker and bring to high pressure. Reduce the heat to maintain high pressure. Cook for 7 minutes.

Remove from heat and let the pressure come down naturally. Carefully remove the lid, tilting it away from you. Remove the bay leaves.

Season with pepper and stir in the parsley. Add a sprinkle of salt (on your serving).

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Thick and Creamy Potato Leek Soup

Makes 8 cups

I like my potato leek soup creamy and smooth, blending it thoroughly. If you like yours chunkier, then don't blend it as much. If you like thinner soup, add water or broth until it's the desired consistency. McDougallers can just omit the oil and watch for sticking leeks. You don't have to worry about sputtering oil.

4 minutes high pressure; natural release

- 1 tablespoon olive or canola oil
- 3 large leeks, washed well, sliced lengthwise and cut into ½-inch slices
- 4 large Russet or Yukon gold potatoes, peeled and cut into 2-inch pieces
- 6 cups vegetable broth or water
- 1 tablespoon chopped fresh thyme or 2 tablespoons dried thyme
- 2 bay leaves
- 1 teaspoon salt, or to taste
- Chopped Italian parsley or chive flowers, for garnish

Add the oil to the cooker over medium heat. Sauté the leeks for about 3 minutes, adding water if they begin to stick. Add the potatoes, broth, thyme, bay leaves and salt, standing back to avoid sputtering oil.

Lock the lid in place and bring to high pressure over high heat. Reduce the heat to maintain high pressure and cook for 4 minutes.

Reduce the pressure with the quick release method. Remove the lid, tilting it away from you, to allow any excess steam to escape.

Remove the bay leaves. Pureé the soup with a hand blender until it is the desired consistency, or remove some of the potato mixture and pureé carefully in a blender or food processor. (This can be done in the blender by filling the container half full or less, covering the top of the container with plastic wrap, putting the lid on and covering that with a

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Fennel, Carrot (Beet) and Apple Salad

This very refreshing salad is easy to make. It is the only way that I have ever liked fennel. I was introduced to it by a fellow cooking teacher, Holly Shelowitz.

- 1 bulb fennel, sliced thin or put into the food processor and grated
- 2 carrots, grated
- 2 medium beets, grated, optional
- 1 medium apple, cored and grated
- 2 teaspoons lemon zest
- 1 to 2 tablespoons lemon juice
- 1 tablespoon olive oil, optional
- 1 teaspoon Dijon mustard
- 1 to 2 teaspoons balsamic vinegar

Grate all the ingredients in the food processor or do by hand, if you have to. Stir in the lemon zest, lemon juice, oil, if using, mustard and vinegar. Serve at room temperature or chilled. It will last for 3 or 4 days in the refrigerator. If you prefer a warm side dish, you can saute this and eat it hot or warm.

The Veggie Queen's Easy Salad Dressing

This dressing comes together quickly. Try it and see if you like it. If you do, double or triple it. It lasts for weeks in the refrigerator.

- 3 tablespoons balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 to 2 tablespoons fresh squeezed orange or lemon juice
- 1 teaspoon liquid sweetener of choice: agave, date syrup or honey, if you use it.
- 1 to 3 teaspoons olive oil, optional
- 1 to 2 tablespoons water or broth

Shake well and use it to dress your salad.