

Cantiga's Kitchen

Christine's Shiitake Lentil Soup

(Serves 12)

Ingredients:

- 3 cups orange lentils, rinsed
- 4 medium or 3 large shallots, finely diced
- 3 quarts vegetable stock (we prefer Rapunzel brand)
- 3 cups shiitake mushrooms, finely chopped
- 3 cups crimini mushrooms, finely chopped
- 8 cloves or 2 Tbsp garlic, minced
- 1½ Tbsp thyme
- 1 tsp ground ginger
- 1½ tsp ground coriander
- 1½ tsp ground cumin
- 2 bay leaves
- $\frac{3}{4}$ cup red wine
- $\frac{1}{2}$ cup low sodium Tamari
- 1 tsp sea salt
- 1 tsp white pepper
- $\frac{1}{2}$ cup chopped fresh parsley



Directions:

Pre-heat vegetable stock on stove, then place all ingredients except for parsley in a large slow cooker.

Cook on high for 4 hours or low for 8 hours. A half hour before the end of the cooking time, stir in the parsley. This step can also be done after the slow cooker switches to "warm" mode.

Adjust seasonings to taste.



Enjoy with Cantiga Wineworks
Cabernet Sauvignon or
Troubadour!