

Recipes by Chef Lily



Instant Pot Fragrant Red Lentil Soup

- 2 tablespoons butter or olive oil
- 1 large yellow onion, chopped fine
- 2 teaspoons minced fresh ginger
- 1 tablespoon minced fresh garlic
- 2 teaspoons salt
- ½ teaspoon black pepper
- 2 teaspoons smoked paprika
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- ⅛ teaspoon ground cinnamon
- Pinch red pepper flakes
- 1 tablespoon tomato paste
- 7 cups chicken or vegetable stock
- 1 ½ cups red lentils
- juice and zest from ½ lemon
- ¼ cup chopped fresh mint

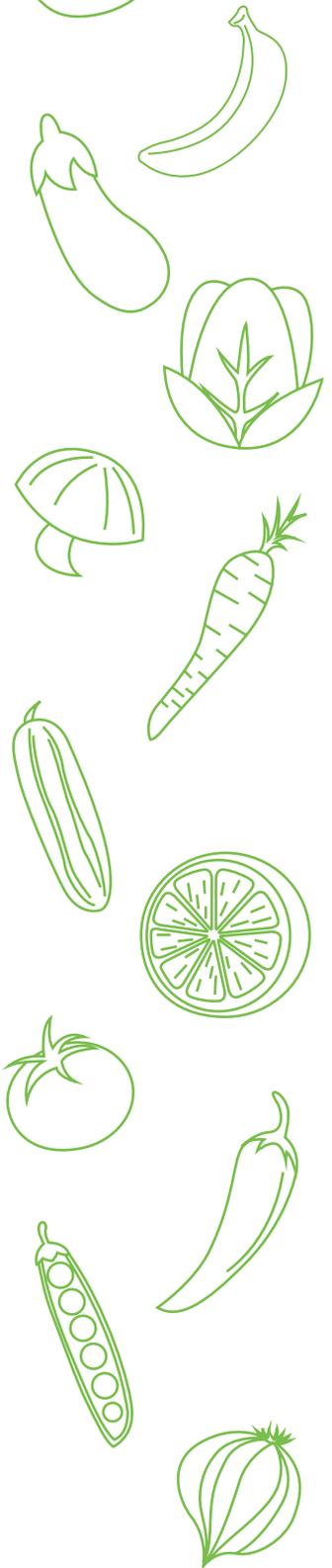
Select Sauté on the Instant Pot. Add butter or oil and heat for a minute. Add onion and 1 teaspoon salt and cook, stirring occasionally, until softened but not browned, about 5 minutes.

Add ginger, garlic, remaining salt, a grind of pepper, and all the spices. Saute until very fragrant, about 2 minutes. Stir in tomato paste and cook for 2 minutes longer.

Stir in stock and lentils.

Secure the lid and select manual. Cook on high pressure for 15 minutes.

Do a quick release to remove the pressure. Remove the lid and stir in lemon juice, zest and mint. Check seasoning and serve.



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Toasted Pita Points

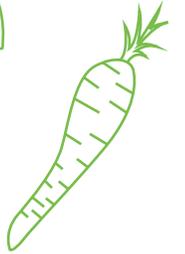
- pita breads
- Olive oil
- Sea salt and fresh ground black pepper to taste
- Oregano
- Garlic powder

Preheat the oven to 400 degrees. Cut pitas into eight triangles each and place in an individual layer on sheet trays. Lightly drizzle with olive oil and season with salt, pepper, oregano and garlic powder. Bake until toasted, about 5 - 10 minutes.

Flavors of the Mediterrenian Salad

- 8 cups baby romaine lettuce
- 1 green bell pepper, diced
- 1/2 cup red onion, sliced thin
- 1 cucumber, diced
- 1 carrot, shredded
- 1 cup cherry tomatoes
- 1/4 cup olives, sliced
- 1/2 cup grated parmesan
- 1/2 teaspoon dried oregano

In a salad bowl, layer the ingredients in the order they appear above, starting with the Lettuce and ending with the oregano sprinkled onto the cheese.



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