





Stone Soup

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

 Yield: 50 servings

 Serving Size: 12 oz bowls

Ingredients

- 80 ml oil
- 1 kg (2 lb) onions, diced (~3 large sized)
- 4 cloves, minced
- 1.36 kg (3 lbs) carrots, diced
- 1 bunch celery or 2 large celeriac, diced
- 1.36 kg (3 lbs) potatoes, diced (6 medium potatoes)
- 300 ml tomato paste
- 1 kg red lentils, rinsed
- 16L low-sodium vegetable stock
- 2 bay leaves
- 1 bunch parsley, chopped finely
- Juice of 1 lemon
- salt and pepper, to taste
- Optional: one large stone!

Method

Step 1

Heat oil in a 20 qt pot and saute onions until translucent, add garlic and fry for another 5 min.

Step 2

Add carrot & celery, potato and cook until softened.

Step 3

Add tomato paste, bay leaves, lentils and fill the remaining pot with low-sodium vegetable stock. Bring to a boil and then turn down to simmer for at least 20 minutes.

Step 4

Adjust seasoning with salt and pepper. Before serving, stir in parsley and juice of 1 lemon.

Note: if possible, begin heating stock/water at beginning of cooking in a separate pot or a kettle. Heating water is the step that takes the longest time. Expect 45 minutes for water to come to boil on a conventional oven burner at high.

HACCP

- Cook soup until internal temperature reaches 74° C for a minimum of 15 sec.
- Cooling: Cooling wand or cold water bath & fridge: from 74° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.