

# Lentils sauer soup



For 6 servings:

500 g bruin lentils (not red!!)

500 g vegetables for soup (carrots, onions, parsnips, celery, potato, peas, cauliflower, etc.)

500 g ripe tomatoes, diced / 400 g can diced tomatoes

2 bay leaves

1 teaspoon paprika powder

juice from 1-2 lemons, to taste

2 tablespoons olive oil

1 bunch lovage/dille

salt and pepper, to taste

Wash the lentils and cook them in 2 l water together with the bay leaves.

When the lentils are half cooked add the chopped vegetables. Continue to cook for another 5-6 minutes than add the tomatoes, paprika powder and the lemon juice. Add more water if needed. When the lentils and the vegetables are cooked add salt and pepper to taste.

Garnish the dish with olive oil and finely chopped lovage or

dille.

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## Sauerkraut stampopot



For 4-6 servings:

1.5 kg potatoes, peeled and cut in half

1 kg sauerkraut, finely chopped

10-15 peppercorns

2 bay leaves

2-3 tablespoons olive oil

Cook the potatoes, sauerkraut, bay leaves and peppercorns, in water enough to cover. Cover and simmer on medium heat.

When the vegetables are cooked drain the water ( kept it separately), remove the bay leaves and mash. Add some water (from the potatoes and sauerkraut), little by little, until you get the consistency of a puree.

Add the olive oil and mix well.

Serve as side dish with soy, seitan, tempeh, etc. (in the picture above it is served with [lentil burger](#)).

Variation: you can add a few tablespoons of nutritional yeast.

Note: Stampot is a traditional Dutch dish and consists of mashed potatoes mixed with various ingredients like sauerkraut, carrots+ onions, kale, etc.

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## Red lentil burger



For approx.. 10 pieces:

- 1 cup red lentils
- 3 tablespoons chickpea flour
- 1 large carrot
- 1 large onion
- 1 bell pepper
- a handful (frozen) peas
- a handful olives, finely chopped
- 2-3 garlic cloves, mashed
- 2 tablespoons seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)
- 1 tablespoon mint (fresh or dried)
- 2 bay leaves
- salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves in 1 1/2 cup water. Check from time to time that they don't stick to the bottom of the pan. When the

lentils are cooked the water should be completely absorbed. Remove the bay leaves and allow it to cool.

Process the carrot, onion, bell pepper and mint using a food processor (or finely grate or chop them).

Mix all ingredients. Form the burgers and bake them in oven at medium heat (175 C) for 20-30 minutes.

Cut the burger bun in half, add the burger and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or [garlic sauce](#), to taste.

Variation: you can add fresh chili / chili powder to the mixture.

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## Creamy cauliflower soup



For 3-4 servings:

450 g cauliflower, cut into pieces

1 large potato, cubed

1 onion, chopped

fresh parsley, finely chopped

olive oil, for garnish (optional)

salt and pepper, to taste

Cook the cauliflower, onion and potato in 1 l water. When the vegetables are cooked blend until smooth.

Add salt and pepper to taste. Garnish with fresh parsley and a little bit olive oil.

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## Lentil patties



For 15-20 pieces:

1 cup red lentils  
3 tablespoons chickpea flour  
1 large carrot  
1 large onion  
1 bell pepper  
2-3 garlic cloves, mashed  
2 tablespoons seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)  
1 tablespoon mint (fresh or dried)  
2 bay leaves  
salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves in 1 1/2 cup water. Check from time to time that they don't stick to the bottom of the pan. When the

lentils are cooked the water should be completely absorbed. Remove the bay leaves and allow it to cool.

Process the carrot, onion, bell pepper and mint using a food processor (or finely grate or chop them).

Mix all the ingredients. Form little balls and bake them in the oven at medium heat (175 C) for 20-30 minutes.

Serve them warm with mustard or with side dishes and / or salads.

Variation: you can add chilli / chilli powder to the mixture

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## Lentil bolognese pasta



For 4 servings:

500 g pasta, cooked

400 g puy lentils (or brown/green)

2 carrots, finely chopped

1 onion, finely chopped

2-3 garlic cloves, mashed

700 ml tomato passata

2 bay leaves

2 teaspoons oregano  
1/2 glas wine  
3 tablespoons lemon juice  
1 tablespoon olive oil  
salt and pepper, to taste

fresh basil, finely cut (optional)

Wash the lentils and cook them in water with the bay leaves.  
Drain.

Stir fry the the onion and the carrots in oil for 2-3 minutes than add the tomato passata, wine and oregano. Cover and simmer on medium heat until the sauce has reduced. Add the garlic, lentils, lemon juice, salt and pepper to taste and cook for another few minutes.

Put the pasta on the plate and add the lentils on top of it.  
Garnish with fresh basil.

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## Jam cake



For an oven tray of approx. 30/45 cm.

3 cups flour  
1/2 cup raw sugar

1/2 cup sunflower oil  
1/2 cup cold water  
2 teaspoons vanilla essence  
1 1/2 teaspoons baking powder  
lemon / orange zest, optional

approx. 600 g fruit jam (1 1/2 jar)

Whisk the water with the oil, sugar and vanilla essence until the sugar has dissolved. Add the baking powder and flour and knead.

Put 1/3 of the dough in the freezer for about 30 minutes.

Roll the remaining dough to the tray size. Place it in the tray and spread the jam evenly on top of the dough.

Grate the dough from the freezer on top of the jam.

Bake it in the preheated oven, on medium heat (175 C) for about 30-40 minutes.

Allow to cool then cut into pieces.

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## Creamy beetroot soup





For 6 servings:

1/2 kg beets (4 medium pieces), chopped

1 onion, chopped

1 carrot, sliced

1 potato, chopped

1 parsnip, sliced (optional)

1 bay leaf

salt and pepper, to taste

grated horseradish, to taste

olive oil, to taste

Put the beets in a soup pot and add 1.5 l water. Cover and simmer for approx. 10 minutes.

Add the remaining vegetables and the bay leaf.

When the vegetables are cooked remove the bay leaf then blend it until smooth.

Add salt and pepper to taste.

Garnish the plate with grated horseradish and a little bit olive oil and eventually finely chopped parsley.

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## **Brussels sprouts in tomato sauce**



### **For 4 servings:**

1 kg Brussels sprouts, finely chopped  
2 onions, finely chopped  
2 tablespoons tomato paste  
1 bunch of dill, finely chopped  
1 teaspoon paprika powder  
2 tablespoons oil  
salt and pepper, to taste

Stir fry the onions, in oil, for 2-3 minutes. Add the cabbage and very little water. Cover and simmer, stirring frequently. Add more water if needed. When the cabbage is softened ( 5-6 minutes) add the tomato paste (diluted in 1/2 cup water) and paprika powder. Cook for another 2-3 minutes. Add salt and pepper to taste.

Garnish with finely cut dill.

Serve with [polenta](#)/bread or various dishes of tofu/soy/[seitan](#).

Variation: You can add little pieces of smoked tofu.

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# Banana bread



- 1 1/2 cup flour
- 3 large ripe bananas
- 1/2 cup raw sugar
- 1/2 cup sunflower oil
- 1 1/2 teaspoon baking powder
- a pinch of salt
- 1 teaspoon vanilla essence
- 1/2 teaspoon cinnamon powder
- 1/2 cup sunflower seeds (optional)
- 1/2 cup raisins (optional)

Blend the bananas with the sugar until smooth.

Mix all ingredients.

Grease a oven cake form with a little oil, pour the mixture into it and bake over medium heat (175C) for approx. 50 minutes.

Allow to cool a little bit before cutting slices.