



LENTILS AND PASTA



Ingredients

Lentils de puy (I like them because they hold their shape after you cook them)
Garlic, minced
Tomatoes, chopped
Mushroom powder*
Salt & pepper
Butter
Spices (I used smoked paprika, because it's my favorite)
Herbs
1 bag pasta, whatever shape you like
Grated cheese

***MAKE MUSHROOM POWDER AT HOME BY GRINDING UP A DRIED MUSHROOM BLEND IN A FOOD PROCESSOR, AND USE IT TO SEASON SOUPS, STEWS, SAUCES, AND ANY DISH THAT NEEDS A LITTLE BIT MORE SAVORY-NESS. IT'S A GREAT COOKING TRICK!**

Directions

1. Put a medium-sized pot of water over the hottest part of the fire, and bring to a boil. This will be for the pasta. It can take a while for water to boil over a fire, so start this nice and early. Salt the water until it tastes nearly as salty as the ocean.
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2. In another pot, combine the lentils, tomatoes, garlic, mushroom powder, salt, pepper, and water. The typical ratio for lentils is 1 cup lentils to 2 cups water, but I tend to use a little extra water when I'm cooking over a fire. Add any herbs and spices you'd like.

WHEN SEVEN
DAYS REPORTER
SABINE POUX
VISITED ME AT
GRAND ISLE
STATE PARK,
THIS IS WHAT
WE MADE! IT
TAKES TWO
POTS, BUT IT'S
A RICH AND
AMAZING DINNER.

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IF YOU WANT
TO MAKE IT
VEGAN, JUST
MAKE SURE
YOU DON'T BUY
EGG NOODLES,
AND LEAVE OUT
THE BUTTER.

Directions (cont.)

3. Simmer the lentils for about 20 minutes, stirring occasionally, until nice and tender. Adjust seasoning as needed.

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4. When the lentils are about halfway done cooking, cook the pasta in the boiling water, according to the package directions. Drain when done, and combine lentils and pasta in any proportion that you like.

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Top with grated cheese, if you wanna!

