

LENTIL AND CARIBOU SOUP

Number of portions: 20

Portion size: 1 cup

INGREDIENTS

1 Tbsp vegetable oil
2 cups carrots, peeled and diced
1 cup celery, diced
2 onions, diced
2 garlic cloves, chopped finely
3 dry bay leaves
1 tsp dry thyme (optional)
1 lb caribou meat, cubed
12 cups water
1 can (796 ml) diced tomatoes
3 cans (398 ml) lentils, drained and rinsed
1 small can (158 ml) tomato paste
Salt and pepper to taste

METHOD

1. In a large cooking pot, heat the oil.
2. Add the carrots, celery, onion, garlic, bay leaves and thyme and cook for 5 minutes.
3. Add the meat and cook for another 10 minutes.
4. Add the water, diced tomatoes and lentils. Bring to a boil.
5. Reduce heat to low and simmer for 1 hour.
6. Add the tomato paste, mix and serve hot.

TIPS

- The caribou meat could be replaced by moose or beef.

