

Mountain Magic Weekend 2021

MENU~ Non-meat options will be available to those who requested vegetarian fare when they registered. ~

On Friday night, please eat dinner before you come or bring a sack dinner with you. A microwave will be available on our snack table if you would like to warm your food. There are no restaurants near camp, so if not bringing your dinner, be sure to stop close to the exit ramps to pick something up. Coming from the South, there are fast food restaurants at Exit 306, Exit 312, or Exit 315. For those coming from the North, there are a few food spots at Exit 326 and a Denny's at Exit 320.

SATURDAY

- **Breakfast:** Scrambled REAL Eggs, Participants' choice of Bacon or Sausage, Grits, Biscuits, Gravy, Butter and Jelly, Individual Various flavored Yogurt, Dry Cereal, Milk, Orange Juice, Coffee, Hot Tea, and Hot Chocolate
- **Lunch:** Chili (participants' choice of Veggie or with Ground Beef), Cornbread with butter and honey, Spring Mix Salad Bar, Brownies, Ice Tea, Lemonade, Coffee, Hot Tea, and Hot Chocolate
- **Dinner:** Participants' choice of Pulled Pork or Pulled Chicken BBQ Sandwich, Kernel Corn, Baked Beans, Baked Potato with toppings of Shredded Cheese, Sour Cream and Bacon Bits, Spring Mix Salad Bar, pineapple upside-down cake, Ice Tea, Lemonade, Coffee, Hot Tea, and Hot Chocolate

SUNDAY

- **Breakfast:** Breakfast Casserole (no meat, with and without peppers), Participants' choice of Bacon or Sausage, Gravy, Butter and Jelly, Danish, Individual Various flavored Yogurt, Dry Cereal, Milk, Orange Juice, Coffee, Hot Tea, and Hot Chocolate
- **Lunch:** Lasagna (choice of Veggie or with meat), Vegan Lentil Soup (2017 recipe) <http://ohsheglows.com/2016/04/03/glowing-spiced-lentil-soup/> , Spring Mix Salad Bar, Swirled Iced Sugar Cookies, Ice Tea, Lemonade, Coffee, Hot Tea, and Hot Chocolate

Glowing Spiced Lentil Soup Vegan, gluten-free, grain-free, nut-free, refined sugar-free, soy-free

This soup is so quick and easy because there aren't many vegetables to chop (just garlic and onion—that's it!) and it relies mostly on pantry staples. It takes 15 minutes prep time (that includes getting the ingredients out), and then it's hands off while it cooks. Talk about easy! While this soup contains a lot of spices, it's not what I would call "spicy" or "hot". If you do want a kick of heat feel free to add some cayenne pepper or red pepper flakes. Also, feel free to change up the baby spinach for other greens like stemmed kale or chard. This soup is inspired by Whole Foods.

Yield

7 cups (1.65 litres) Prep time

15 Minutes Cook time

20 Minutes

Ingredients:

1 1/2 tablespoons (22.5 mL) extra-virgin olive oil

2 cups (280 grams) diced onion (1 medium/large)

2 large garlic cloves, minced

2 teaspoons ground turmeric

1 1/2 teaspoons ground cumin

1/2 teaspoon cinnamon

1/4 teaspoon ground cardamom

1 (14-ounce/398 mL) can diced tomatoes, with juices

1 (14-ounce/398 mL) can full-fat coconut milk*

3/4 cup (140 grams) uncooked red lentils, rinsed and drained

3 1/2 cups (875 mL) low-sodium vegetable broth

1/2 teaspoon fine sea salt, or to taste

Freshly ground black pepper, to taste

Red pepper flakes or cayenne pepper, to taste (for a kick of heat!)

1 (5-ounce/140-gram) package baby spinach

2 teaspoons (10 mL) fresh lime juice, or more to taste

Directions:

In a large pot, add the oil, onion, and garlic. Add a pinch of salt, stir, and sauté over medium heat for 4 to 5 minutes until the onion softens.

Stir in the turmeric, cumin, cinnamon, and cardamom until combined. Continue cooking for about 1 minute, until fragrant.

Add the diced tomatoes (with juices), entire can of coconut milk, red lentils, broth, salt, and plenty of pepper. Add red pepper flakes or cayenne, if desired, to taste. Stir to combine. Increase heat to high and bring to a low boil.

Once it boils, reduce the heat to medium-high, and simmer, uncovered, for about 18 to 22 minutes, until the lentils are fluffy and tender.

Turn off the heat and stir in the spinach until wilted. Add the lime juice to taste. Taste and add more salt and pepper, if desired. Ladle into bowls and serve with toasted bread and lime wedges.