

# Cooking with Mary's Village Style

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## Pasta with Lentils



1903 Mary Aiello Pappas 1985

Mother (4 sons) Nana, Old World Chef & Entrepreneur 2 Restaurants (Checker Café and Lincoln Grill) and Saloon (Lincoln Lounge), all during WWII while 3 of her sons were serving in the war. Grocery Stores 1930-1977 (Pappas Market), Soda Fountain (Vogue Fountain), Deli (Sal's Deli School Street), Landlord too many and foster Mom.

### Ingredients

- 1 Bag Brown Lentils
- 1/3 Cup Split peas or light-colored lentils
- 1 Large Onion (Chopped or sliced)
- 1 1/2 Cups Celery (Chopped)
- 2-3 Medium Carrots (Chopped)
- 5 Garlic cloves (Minced)
- 3/4 Cup Tomatoes chopped no juice
- 1 Can Chicken Broth
- 12-14 Cups Water approx.
- 2 Medium Potatoes diced (optional)
- 1 Whole Cauliflower cut up (optional)
- 3 Handfuls fresh spinach or 1 box frozen spinach (optional)
- 1/2 pound Small pasta (optional)

### Directions

Before you start .....spread your lentils out onto a cutting board ...a little at a time.....and carefully go through the lentils ....to be sure there are no rocks or other debris mixed in the package of beans.

When you are sure the lentils are clean place the lentils and split peas in a strainer and rinse gently.

Sauté onions in a little oil for a few minutes.

Add celery and carrots and sauté a few minutes until onions become transparent.

Add garlic and cook for a minute until fragrant.

Add your rinsed lentils and split peas...you can substitute lighter color lentils for the spit peas. It's up to you or you can omit the peas and or lighter color lentils and just use regular lentils. Add the potatoes (optional).

Add squeezed tomatoes (about two hand fulls) no juice only the tomatoes and chicken broth add enough water to cover beans

Boil for about 35 to 45 until lentils are tender adding water constantly as needed-you may or may not use all of the water. Season with salt and pepper sparingly.

After the beans are tender add cauliflower or/and some spinach. When it comes to a boil add small pasta or broken spaghetti or cook the pasta separately to be combined just before serving. **This recipe was one of my Nana Mary Aiello Pappas' favorite dishes.....she was a great cook and began teaching me to cook when I was eleven years old.....Thank you Nana! I remember and cherish those days we spent together.**

**Mary Pappas Coniglio**