

Dear Do
We're
enthu
new
Ea

Pittsburg Public Library

Spice Library

member
to pick up a
and a specialty

February: Cumin

Spiced Carrot and Lentil Soup

Ingredients:

- 1 cup red lentils
- 2 cups chopped carrots
- 1 small yellow onion diced
- 1 tablespoon olive oil or butter
- 1 tsp cumin
- 1/2 tsp turmeric
- 4 cups vegetable broth
- 1 garlic clove finely chopped
- salt and pepper to taste.




Instructions: Sauté carrots & onion in butter or olive oil, then add lentils, broth, cumin, garlic and turmeric. Simmer until lentils are soft, then blend for a creamy texture.

Serve: Add toppings like pumpkin seeds, olive oil, and bread crumbs.

Add-ins: Make it your own by adding any other veggies you want! Just adjust the broth amount to accommodate any additions.

Level Up: Make your own vegetable broth, or sub in 1/2 cup of milk or cream for broth to make an extra dreamy delight.





February: Cumin

Cumin has a warm, earthy, and nutty flavor with a hint of bitterness and citrus. It's often described as a savory alternative to cinnamon.



Ancient Use:

- The oldest evidence of cumin use dates back 5,000 years in the Nile Valley. It was used as an ingredient in mummifying Egyptian pharaohs.

Contains antioxidants:

- Cumin contains flavonoids, which are antioxidants that can help prevent diseases like cancer, heart disease, and high blood pressure.

Rich in iron:

- One teaspoon of ground cumin contains 1.4 mg of iron, which is 17.5% of the recommended daily intake for adults.
- 
- 

What is the Spice Library?

Stop by the Pittsburg Public Library each month to pick up the Spice of the Month, along with a specially curated recipe by Heather Horton, chef and owner of TOAST. Each recipe is designed to highlight the unique flavors of the featured spice. Perfect for home cooks and food lovers!

The Spice of the Month will be available at the Patron Services Desk at the Library, with one per family per month, while supplies last. For more information, please call the Pittsburg Public Library at 620-231-8110.

Special thanks to Heather Horton and our friends at TOAST Restaurant!

