

LENT TOKEN

SOUPS



Fast from hostility; **Feast** on non-resistance. **Fast** from bitterness; **Feast** on forgiveness. **Fast** from self-concern; **Feast** on compassion for others. ... May we this **Lent** learn to not just “**fast**” but to also “**feast**” on all that will help us to become better Christians.

The token is intended as motivational and inspirational reminder during Lent.

The only reference to soup in the Bible is in Judges 6:19. Gideon asks God for a sign that God is with him. So he cooks a goat and offers the goat meat in a basket plus the broth from cooking the goat to God to help him overcome the Midianites. He realised God is with him in the form of the Angel of God as the goat meat and the broth all go up in smoke! God speaks to him, saying “Peace-do not be afraid” and assuring him he is not going to die. So Gideon builds an altar to God and calls it ‘the Lord is Peace.’

Here is a sample basic soup recipe:

Serves 4-6

- 2 large onions
- Large knob of butter (about 1oz/25g) or 1 tablespoon olive oil for frying
- 4 carrots
- 2 potatoes
- 14oz tin of tomatoes
- 1 vegetable stock cube or 1 tablespoon vegetable stock powder
- 1 tablespoon salt and ¼ teaspoon pepper
- 1 teaspoon cumin
- 1 teaspoon dried coriander and several sprigs of fresh coriander, chopped
- 40fl oz/1 litre water

Chop the onions into thin slices and fry them lightly in a little butter or olive oil. Chop the carrots and potatoes into large chunks and place them in a pan large enough to hold the water and the vegetables. Add the lightly fried onions and sprinkle the vegetable stock powder or cubes, cumin and coriander into the mixture. Season to taste. Bring the vegetables and spices to the boil and simmer until the vegetables are tender. When the vegetables are cooked, liquidise or mash the mixture.

VARIANTIONS

You can use different combinations of vegetable and spices. If you are not cooking for vegetarians you can use Chicken or fish stock instead. After all Gideon’s soup is goat stock. To give the soup a ice hot kick in very cold weather add some paprika from Hungary and if you are feeling exotic then grate some fresh ginger root onto the soup. (*Introduction, recipe and variation have been taken from Christian Rees’ book “Feast + Fast: Food for Lent and Easter” pg. 98*)

Whatever God is leading you to do or not to do, enjoy the journey.

PTO

PLEASE PRAY FOR

During Lent please pray for the people living next to you.

**Almighty and ever living God,
you invite us deeper into your world, your people, your Lent.**

**May this time be one of outward focus;
seeking you in those we often ignore.**

Help us live a Lent focused on health, generosity, and peace.

**Give us hearts hungry to serve you
and those who need what we have to give.**

- Author Unknown