

Lentil Stew

A hearty, delicious and nutritious, easy to make vegan stew. This is an oil free recipe.

Categories

Gluten-free

Yields: 6 servings

Preparation time: 10 mins

Cooking time: 30 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Lentils, cooked from dried	1.5 cup
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Garlic, cooked	4 clove
Celery, cooked	2 small - stalk - 5" long
Carrots, cooked from fresh	2 medium baby
Potato, boiled, without skin	3 medium - 2 1/4" to 3 1/4" diameter
Tomato raw (includes cherry, grape, roma)	1 large - 3" diameter
Vegetable stock	2 x 1 cup
Water	1 cup
Bay leaf	1 teaspoon
Oregano, ground	0.5 teaspoon
Basil, ground	0.5 teaspoon
Turmeric, ground	0.5 teaspoon
Salt, sea salt	1 dash
Black pepper, ground	0.5 teaspoon
Cayenne	0.25 teaspoon

Instructions

1. Use brown or green lentils. Measure about 1.5 cups and soak in water for about 4 hours (soaking is not necessary but I do it to reduce anti nutrients).
2. Drain and rinse well. Set aside.
3. Dice onion, celery, carrots, tomatoes and potatoes into desired size pieces. Peel garlic and cut in half.
4. Sautee onion in a few centimeters of water (or use olive oil) for 3 minutes on medium heat. Add diced celery and carrots. Cook and stir for 3 more minutes. Add garlic and cook for 3 more minutes. Add diced potatoes and tomatoes. Cook until tomatoes begin to soften.
5. Add vegetable stock and water. Bring to boil. Add lentils and spices. Add 2 bay leaf's and add more or less spices as desired. Stir. Reduce heat.

6. Add more water as needed. Simmer for about 30 minutes. Longer if lentils and vegetables are not fully cooked.
7. Let cool a little before serving. I like to add a squeeze of lemon and a few sprigs of fresh parsley to the bowl.