

Lentil Stew with Whatcha Got

From the healthy kitchen of Melissa Nordin @ <http://www.melissanordin.com>



Time to Prepare: 15 minutes



Cook Time: 2-3 Hours



Serving: 8 People

Ingredients

- 1 cup Dried Lentils *can vary color
- Olive oil
- 1 onion, diced small
- 2 carrots, diced small
- 3 celery stalks, diced small
- 2 garlic cloves, chopped
- ¼ cup red wine
- 2 cups vegetable stock
- 1 (28 oz) carton crushed tomatoes
- 1 bay leaf
- Fresh ground pepper
- Salt *optional to taste



Cooking Method

1. Rinse Lentils under cold water
2. Heat large Dutch oven over medium heat, add oil, onion, carrots, celery, and Bay leaf; sauté until soft 5-10 minutes
3. Add garlic and cook for 2-3 minutes, then add wine
4. Add lentils, stock, tomatoes and salt and pepper to taste
5. See options below to add **Whatcha Got**
6. Reduce heat to low, simmer for 1 – 2 hours or until lentils are tender. *Simmer 3 hours for more robust flavor

Suggested add-ons from your pantry, freezer, or fridge

- Sweet potato or any potatoes
- Squash: acorn, butternut, etc.
- Can of beans
- Corn and/or peas, fresh, canned or frozen
- Broccoli Rabe
- Top with crusty bread, croutons, cheese OR
- Top with dollop of plain nonfat yogurt

What I love to do:

Serve over chopped fresh spinach, and top with freshly grated Parmesan cheese