JERNEJ KITCHEN

EASY LENTIL STEW

Easy Lentil Stew is not only tasty and low-calorie but also keeps you full for hours. Perfect for a quick, high-protein lunch or dinner any day of the week.

SERVES	6	PEOPLE
PREPARATION	15	MINUTES
COOK:	55	MINUTES
TOTAL TIME:	70	MINUTES

EASY LENTIL STEW

350 g red or brown lentils (1 cup + 3/4 cup or 12.4 oz)

2 carrots

1 onion

2 celery stalks

3 tbsp olive oil

3 cloves of garlic

1/2 tsp cumin powder

1 tsp paprika powder

1/2 tsp ground coriander

1/2 tsp dijon mustard

1 tsp balsamic vinegar

2 bay leaves

200 g canned chopped tomatoes (1/2 tin or 7 oz)

1500 ml water or vegetable broth (6 cups)

TOOLS AND EQUIPEMENT

cutting board
kitchen knife

LENTILS
Rinse the lentils under running water in a colander.

VEGETABLES
Peel the carrots, onion, garlic cloves and celery. Finely dice. Place a pot over medium-low heat. Add the olive oil and diced vegetables. Cook for about 10 minutes over low heat, stirring regularly.

COOK THE LENTILS STEW
Add ground cumin, ground paprika, and ground coriander to the pot. Stir to combine and cook for 2 - 3 minutes. Add the dijon mustard, balsamic vinegar, and rinsed lentils. Stir to combine. Add bay leaves and chopped tomatoes. Pour in the vegetable broth or water. Season with salt and pepper. Cover the pot with a lid. Increase the heat and cook for about 40 minutes at a low simmer.

TIP
Adjust the consistency and thickness by adding one or two ladles of water to the stew after cooking.

SERVE
When the lentil stew is cooked, season to taste with salt and pepper. Remove from the heat and let the lentil stew sit for about 10 minutes before serving. Using an immersion blender, mix the stew in 2 or 3 quick whizzes, just to thicken the stew slightly. Serve with your favorite cooked sausage, sour cream or keep it vegan and serve with freshly chopped parsley or cilantro (coriander).