

LENTIL STEW WITH POTATOES RECIPE

Ingredients for the slaw:

- 1 1/2 cups dry brown lentils
- 1 teaspoon olive oil
- 1 medium onion, chopped (about 1 cup)
- 1/2 teaspoon turmeric
- 2 medium carrots, sliced (about 1 cup)
- 1 large russet potato, peeled and cut into 1/2-inch cubes (about 2 cups)
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 4 cups vegetable broth (or water)
- 1/2 tablespoon Italian seasoning
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper



Directions:

1. Add lentils to a large mixing bowl and sort out any debris, then rinse and drain. Pour boiling water on top, enough to cover the lentils, and let it soak for 5 minutes. Drain the lentils, then rinse and drain.
2. Meanwhile, in a large saucepan, heat the oil over medium heat. Add the onions and turmeric, then stir together until onions are all evenly coated yellow. Sauté the onions until soft and translucent, about 3 minutes.
3. Stir in carrots and potatoes, and continue to cook until starting to brown, about 5 more minutes. Add the garlic and stir to cook until fragrant, about 1 minute.
4. Add the soaked lentils, tomato paste, broth, Italian seasoning, paprika, salt, and pepper, and stir to combine. Bring to a boil over high heat.
5. Then, turn the heat to medium-low and simmer uncovered for 30 minutes, or until the potatoes and carrots are tender. Keep an eye on the lentils. If you notice the water content is very low, add 1/2 cup of water at a time until you reach your desired consistency.
6. Season with extra salt and pepper to taste, if needed. Serve with fresh rolls.