

Loaded Lentil Stew

This is quite a hardy stew, perfect for a blustery March meal. It also pairs well with the seeded buckwheat bread I shared last month.

Ingredients

- 2 T extra light olive oil
- 1 medium organic onion, diced
- 3 garlic cloves or 1 shallot, minced
- 1 1/2 t smoked paprika or good quality Spanish paprika
- 1 T fresh thyme
- 1/4 t crushed red pepper flakes
- 2 T tomato paste
- 2 large organic carrots, diced
- 1 head savoy cabbage, finely chopped (green cabbage can be substituted)
- 1 1/2 cups organic french puy lentils (black or brown lentils can be substituted)
- 1 can organic chickpeas, rinsed and drained
- 1 can organic chopped, peeled tomatoes (or fresh Roma tomatoes, if available)
- 2 cubes vegetable bouillon
- Salt and pepper, to taste
- 1 large bunch stemmed and torn or roughly chopped kale, chard or spinach

Directions

1. Warm olive oil in a soup pot with a heavy bottom. Add onions and saute over low heat until soft and translucent. Add garlic or shallots, paprika, thyme, pepper flakes and carrots. Stir well to coat the carrots and saute until there is a change in color but they are still firm. Add tomato paste, cabbage, dried lentils and chickpeas, again stirring well to coat with the oil and

spices. Add canned tomatoes and water to cover. Bring to a boil, reduce heat to simmer for twenty minutes and cover with a lid.

2. The type of lentil you use will dictate the cooking time from this point. Cook only until the lentils are tender but retain their form.
3. Add bouillon cubes, additional water if desired, salt and pepper to taste. Gently incorporate the torn greens 5- 10 minutes before serving so they will retain their bright green color. Simmer until the greens are tender.

Enjoy!