

Lucky Lentil Stew

A hearty, comforting stew packed with lentils, veggies, and spices, perfect for warming up on cold days and ideal for busy families.



4-6 servings



45 minutes

INGREDIENTS

- 1 cup dried lentils (or 2 1/2 cups cooked lentils)
- 2 medium carrots, chopped
- 2 celery stalks, chopped
- 1 red pepper, chopped
- 1 onion, diced
- 1 clove garlic, chopped small
- 1 can (14.5 oz) diced tomatoes
- 4 cups vegetable broth (or chicken broth)
- 2 cups kale, chopped (or spinach as an alternative)
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1 bay leaf (optional)
- Salt and pepper, to taste
- Olive oil, for sautéing
- Optional: Lemon for squeezing in at the end.

NOTES

To make it in a pressure cooker, sauté the onions, celery and carrots for 3-5 minutes on the sauté function. Then, add everything but the greens and cook on high pressure for 15 minutes. Add the greens and season to taste.



DIRECTIONS

1. Prepare the vegetables: In a large pot, heat 1 tablespoon of olive oil over medium heat. Add the onion, garlic, carrots, and celery. Sauté for 5-7 minutes until the vegetables are softened.
2. Add the lentils and broth: Stir in the dried lentils (or cooked lentils) along with the canned diced tomatoes and vegetable broth. Bring the mixture to a boil, then reduce the heat to low and simmer for about 25-30 minutes (or 10-15 minutes if using cooked lentils). The lentils should be tender by the end of this time.
3. Season the stew: Add the smoked paprika, ground cumin (if using), salt, and pepper to taste. Stir in the chopped kale or spinach and cook for an additional 5 minutes until the greens have wilted.
4. Serve: Taste and adjust the seasonings as needed. Serve the stew warm, either on its own or with a side of crusty bread for dipping.