

Lemon Lentil Stew

Adapted from NYT Cooking, Melissa Clark

Serves 4

1 cup brown or green lentils (dry) or 2½ cups cooked
2 TBSP olive oil
1 onion, peeled and sliced
2 cloves garlic, minced
1 large carrot, grated or diced
1 red, yellow or orange bell pepper, diced
1 TBSP tomato paste
1 teaspoon ground cumin
Pinch of chili powder
2–4 cups vegetable broth
Juice and zest from 1–2 lemons
¼ teaspoon Kosher salt
¼ teaspoon freshly ground black pepper
½ bunch cilantro, chopped

In medium saucepan, bring 4 cups of water to a boil. Add lentils. Lower heat to a simmer and cook until lentils are just tender (about 10 minutes). Alternatively, you can buy canned, cooked lentils and skip this step.

In a large pot or Dutch oven, heat 2 TBSP olive oil over medium-high heat. Add onion and cook, stirring frequently until translucent. Add garlic and cook for 1 minute. Add carrot and bell pepper and cook until just tender. Stir in tomato paste, cumin and chili powder. Add in half of the vegetable broth and lemon juice. Simmer for 5 minutes. Add cooked lentils and additional vegetable broth, if desired. Remove from heat and season with salt, pepper and lemon zest. Garnish with chopped cilantro.

Nutrition Information Calories 628; Fat 29.3 g; Saturated Fat 4.1 g; Sodium 935 mg; Fiber 18.1 g; Sugars 18 g; Added Sugars 2.4 g; Protein 23.5 g