

Spiced Lentil Stew

Ingredients

1 Tbs olive oil
1 medium yellow onion, chopped
2 large carrots, chopped
3 stalks celery, chopped
1/2 small acorn squash, chopped
5 cups water or broth*
2 cups brown lentils
1.5 tsp ground cumin
1 Tbs ground coriander seed
1 tsp ground turmeric
1/2 tsp chili powder
1/2 tsp ground ginger
1/2 tsp black pepper
1 14.5 oz can fire roasted diced tomatoes*
1 14.5 oz can coconut milk
1 zucchini, chopped
1 cup chopped spinach
Salt to taste

Yield: 8 servings



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Winter is the time to serve warm, nourishing soups. With all the extraneous holiday eating happening during the month of December, a quick lentil stew is just the remedy. Lentils are an excellent source of both protein and fiber. This recipe is modified from the Island Hospital Bistro offering using whole spices rather than curry powder.

Instructions:

1. In a large pot, sauté the onion, carrots, celery, squash, and olive oil for 5-10 minutes until lightly cooked.
2. Add cooking liquid (water or broth) and lentils to pot, gently boil for 25 minutes until lentils are al dente.
3. Add spices, tomatoes, coconut milk, zucchini, and spinach.
4. Continue to simmer for 15-20 minutes until lentils are soft. Salt to taste.

Tip: When preparing vegetables, chop into a similar size for a more uniform soup.

**Choose low- or no-sodium added products when possible.*