

Recipe – Breakfast Lentil Stew

Ingredients:

- 1 pound lentils
- 1 cup tomato sauce or several fresh tomatoes, chopped
- 4 cups chopped vegetables such as carrots, celery, onions, zucchini and /or parsnips
- 1 TBS broth base (We used Organic Better N Bullion.)
- 2 TBS curry paste
- 1 cup salsa
- Salt to taste

Directions:

Rinse lentils to remove stones or bad beans

In a large pot, cook lentils in water plus one inch to cover

While simmering, add tomato sauce or several chopped fresh tomatoes, and chopped vegetables

Add broth base and water or broth as needed so lentils do not dry out

Simmer until lentils are tender. Pink lentils take 20 minutes or so; green lentils may take up to an hour. (You can reduce cooking time by soaking overnight first.)

If you like more zing, add curry paste and/or salsa during the simmering

Salt may not be needed if you are using broth. Taste before you add