



Lentil Stew



This traditional stew is easy to prepare and full of rich flavors thanks to the combination of molasses, mustard, and spices. It's a simple one-pot delight.

INGREDIENTS

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|--------------------------------------------|--------------------------------------------------------------|
| 1 small onion, finely diced | 2 tablespoons molasses |
| 2 large carrots, peeled and finely diced | 1 tablespoon vegan Worcestershire sauce |
| 2 large celery stalks, finely diced | 1 tablespoon Dijon mustard |
| 2 russet potatoes, peeled and diced | 1 bay leaf |
| One 15-ounce can diced tomatoes, undrained | 1 teaspoon dried thyme |
| 1 cup green lentils, rinsed | 6 ounces spinach, torn into bit-size pieces, or baby spinach |
| 6 cups water | ½ teaspoon sea salt |

DIRECTIONS

1. In a large stockpot, combine all the ingredients except the spinach and salt. Bring the liquid to a boil over medium-high heat. Reduce the heat to medium-low and simmer until the lentils are softened, 30-40 minutes. *(Alternatively: you can cook the soup in a slow cooker, covered, for 3 to 4 hours on high.)*
2. Just before serving, gently fold in the spinach and stir until wilted, 2 to 3 minutes. Season the stew with the salt and serve.

KIM'S HINTS:

..... If you are making this stew in the Instant Pot, reduce the water to 4½ cups and place the ingredients into the Instant Pot cooking under high pressure for 18 minutes with a quick release.

ENTREES



PREP



COOK



SERVES

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