

Green Lentil Stew

Serves: 4

Serving size: 1 cup



Ingredients:

- 1 cup green lentils, uncooked
- 1/4 cup brown rice, uncooked
- 1 teaspoon ground turmeric
- 3 teaspoon cumin
- 1 1/2 teaspoon garlic powder
- 1 Tablespoon miso paste
- 3 cups water

- 1 stalk celery, diced
- 1 carrot, diced
- 1/2 small red onion, diced
- 4 cloves garlic, minced
- 1 Tablespoon olive oil
- Salt and pepper to taste
- 4 cups low-sodium vegetable broth
- 1/2 bunch collard greens, stems removed, roughly chopped

Instructions:

1. Rinse rice and lentils thoroughly under hot water until water drains clear. Place in large soup pot with vegetable/miso paste, spices, and water. Bring to boil and then reduce heat to simmer.
2. Meanwhile, in a large skillet, heat oil over medium-high heat and add the diced carrots, celery, onions and minced garlic. Sauté the veggies until tender, seasoning with salt to taste.
3. Add the cooked vegetables to the pot with lentils. Stir until combined.
4. Stir in vegetable broth and chopped greens and bring to boil. Reduce heat to simmer and cook until lentils are tender and rice is cooked. About 15-20 minutes.
5. Once lentils and rice are tender taste and add salt as needed. Enjoy hot!