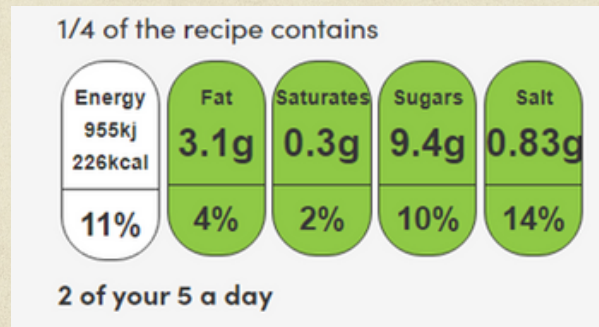


LENTIL & VEGETABLE STEW



Prep Time: 15 mins

Cooking Time: 45 mins

Serves: 4 Adults

Ingredients

- 1 large onion
- 2 medium carrots
- 2 celery sticks
- 100g / 4oz. of mushrooms
- 2 small courgettes
- 1 tablespoon of oil
- 175g of red lentils
- 1 teaspoon of mixed herbs
- 600ml / 1 pint of low salt vegetable stock
- 2 tablespoons of tomato purée
- Black pepper to taste



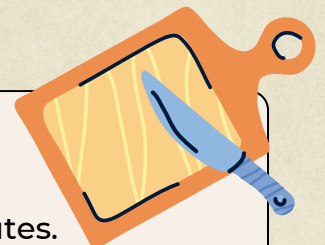
What you will need

- Casserole dish
- Chopping board
- Chopping knife
- Measuring jug (for liquids)
- Saucepan
- Wooden spoon



Method

1. Chop all the vegetables.
2. Heat the oil in a large saucepan, add the onion and cook for five minutes.
3. Add the carrots and celery, cook for two minutes.
4. Stir in the lentils, herbs, stock, puree and pepper and bring to the boil.
5. Cover and simmer for 20 minutes until the lentils are soft.
6. Stir in the courgettes and mushrooms and cook for a further 10 minutes.
7. Transfer to a casserole dish for serving.



Source: www.safefood.net/recipes/lentil-vegetable-stew

