

Lentil Stew with Salsa Verde

Ingredients

- *1 tablespoon olive oil*
- *1 ¼ cups finely chopped celery (4-6 stalks) or fennel (1 bulb)*
- *3 small carrots, peeled and finely chopped (1/2 cup)*
- *½ cup finely chopped red bell pepper*
- *5 tablespoons finely chopped shallot (1 large), divided*
- *2 large cloves garlic, minced*
- *2 tablespoons tomato paste*
- *1 ½ cups French green lentils, sorted and rinsed*
- *4 cups low-sodium chicken broth or vegetable broth, or water*
- *¾ teaspoon ground pepper, divided*
- *½ teaspoon salt, divided*
- *1 small bunch Italian parsley, finely chopped (about 3/4 cup)*
- *1 large lime, juiced (2 Tbsp.)*
- *2 tablespoons white-wine vinegar*

Steps

1. *Heat oil in a 4- to 6-qt. pot over medium-high heat. Add celery (or fennel), carrots, bell pepper, 3 Tbsp. shallot, and garlic. Cook, stirring, until softened, about 3 minutes. Add tomato paste; cook, stirring, for 30 seconds. Add lentils, broth (or water), 1/2 tsp. pepper, and 1/4 tsp. salt. Bring to a boil. Cover, reduce heat to low, and simmer until the lentils are tender, 35 to 40 minutes.*
2. *Meanwhile, combine parsley, lime juice, vinegar, and the remaining 2 Tbsp. shallot and 1/4 tsp. each pepper and salt in a small bowl; stir well.*
3. *To serve, divide the stew among 4 bowls and top each with a dollop of the salsa verde. Pass the remaining salsa verde separately.*