



Veggie Lentil Stew (OP I)

Serving: 1

Veg

Ingredients

- 3 Tbsp carrots, thinly sliced
- 1 small onion, diced
- 3 clove garlic, minced
- 1/4 cup vegetable chopped your choice
- 1 tsp turmeric
- salt to taste
- 1 1/2 cup vegetable broth/ plain water
- 1 small diced tomatoes
- 20 grams chickpeas , drained and rinsed (optional)
- 2 tbsps red lentils soaked
- 1/4 cup parsley, chopped
- 1 tsp oil
- Pepper to taste
- 1 small tomatoes chopped

Preparation Method

- In Dutch oven / deep pan add oil , cook carrots, onion, all vegetable and garlic, stirring occasionally, until softened. Add salt, turmeric and pepper; cook, stirring, for 1 minute.
- Stir in broth, tomatoes, chickpeas, bring to boil. Reduce heat, cover and simmer for 5 minutes.
- Stir in lentils; cover and simmer, stirring occasionally, until lentils are tender, about 4-6 minutes.
- -Stir in parsley. cook until gets slightly thickened consistency