

The Washington Post

Recipe Finder

One-Pot Lentils and Vegetables

DINNER IN MINUTES OCT 23, 2018

This humble stew smells heavenly as it cooks; it tastes long-simmered even though it isn't. Do not be daunted by the length of the ingredient list; the chopping doesn't have to be so precise, and the spices and seasonings build a slow, savory heat.

Click [here](#) to see step-by-step photos for this recipe.

SERVINGS:

When you scale a recipe, keep in mind that cooking times and temperatures, pan sizes and seasonings may be affected, so adjust accordingly. Also, amounts listed in the directions will not reflect the changes made to ingredient amounts.

Tested size: 4 servings; makes about 8 cups

INGREDIENTS

- 1 1/2 cups dried green or brown lentils
- 1 medium zucchini (optional)
- 1 large rib celery
- 1 medium carrot
- 1 medium yellow onion
- 1 large russet potato
- One 28-ounce can whole tomatoes, preferably no-salt-added
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cayenne pepper (optional)
- 2 1/2 cups water
- Kosher salt
- Freshly ground black pepper
- 6 stems parsley
- 1 lime, for serving

DIRECTIONS

Place the lentils in a bowl and cover with water; let sit while you prep and start to cook the vegetables.

Cut the zucchini, if using, and celery into 1/2-inch dice. Scrub the carrot and peel the onion, then cut into same-size dice as the zucchini and celery. Peel the potato and cut into bite-size chunks. Pour the can of tomatoes into a bowl

(with the juice), then coarsely chop in the bowl.

Heat the oil in a large pot over medium-high heat. Once the oil shimmers, stir in the zucchini, if using, the celery, carrot, onion and potato. Cook for about 5 minutes, stirring a few times, until the onion has softened. Drain the lentils, then add to the pot, along with the ground spices and cayenne, if using. Pour in the tomatoes and their juice and the 2 1/2 cups of water, plus a generous pinch of salt and pepper; once the mixture comes to a boil, cover and cook for 5 minutes.

While the stew cooks, finely chop the parsley leaves. Cut the lime into wedges.

Reduce the heat to medium-low, cook for 10 to 15 minutes, stirring a few times, until all the vegetables are tender. Taste, and adjust the salt and/or pepper as needed.

Top each portion with parsley and serve hot, with lime wedges.

RECIPE SOURCE

Based on a recipe at OhSweetBasil.com.

Tested by Bonnie S. Benwick.