



Red Lentil Tomato Stew

Equipment Needed:

Medium size saucepan or pot
Knife
Cutting Board
Measuring cups and measuring spoons
Can Opener

Recipe

Serves 2

1/2 cup dry red lentils
1 cup water
1 cup canner diced tomatoes (14 oz or 398 ml), with juice
1/4 cup onion, chopped
2 stalks celery, chopped, with leaves
1/2 tsp turmeric powder
1/2 tsp dried thyme
3 cloves garlic, chopped
Sea salt and pepper to taste
2 chicken or turkey sausage

Preheat the oven to 350 degrees. Place a wire rack on baking sheet. Put the sausage on the rack and place in the oven. If frozen, bake 30 minutes. If fresh, bake 20 minutes. Meanwhile, rinse the lentils and place them and the water in a pot and bring to a boil. Lower to simmer and add the tomatoes, onion, garlic and celery. Place a lid on the pot and simmer for 25 minutes. Add the herbs and cook another 20 minutes. Stir occasionally. Season to taste with sea salt and pepper.

Tip 1: Add cooked brown rice to soup

Tip 3: Add a peeled sweet potato cut into cubes, and add it to soup with the celery

Fermented Food Options: top the soup with sauerkraut, kimchi, yogurt or kefir, just before serving