

# Golden French Lentil Stew

**Yield: 4 servings**

## Ingredients

2 cups water  
2 tablespoons olive oil  
1 large yellow onion; diced  
4 garlic cloves; minced  
½ teaspoon sea salt  
2 medium carrot; diced  
2 celery stalks; diced  
2 teaspoons ground cumin  
1 ½ teaspoons dried thyme  
1 teaspoon turmeric; ground  
14 ounces diced tomatoes; no salt added, canned, with juices  
¾ cups lentils; green or brown  
4 cups vegetable broth; low sodium  
3 cups kale; stemmed and chopped  
¼ teaspoon black pepper; ground  
2 teaspoons white wine vinegar

## Instructions

1. In a large dutch oven or stockpot, heat the oil over medium heat. Stir in the onion, garlic and a couple of pinches of salt, saute until the onion is softened about 4 to 6 minutes.
2. Stir in the carrots and celery, cook for another few minutes. Stir in the cumin, thyme, and turmeric until combined.
3. Add the diced tomatoes with their juices, lentils, broth and remaining water. Increase the heat to high and bring to a low boil. Reduce the heat to medium and simmer, uncovered for 30 to 35 minutes, until the lentils are tender.
4. Stir in the kale. Add salt, pepper, and the vinegar to taste (the vinegar's role is to lend brightness to the soup, add a little at a time, and keep tasting as it can quickly overwhelm).

## Nutrition Information

**Serving Size: 2 cups**

Calories: 285  
Calories from Fat: 73  
Total Fat 8.2 g  
Saturated Fat 1.2 g  
Cholesterol 0 mg  
Sodium 481 mg  
Total Carbohydrate 42.6 g  
Dietary Fiber 16.6 g  
Sugars, other 10.9 g  
Protein 12.4 g

Source: Oh She Glows, Every day. Angela Liddon

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