Lovely Lentil Stew
By: Louise McGill RHN

Serves 4-6
Ingredients:

1 cup cooked green lentils
1 tbsp Coconut oil
1 tbsp cumin seeds
1 tbsp mustard seeds
2 cloves garlic, minced
½ onion, chopped
1 stalk of celery
2 large carrots, peeled, chopped diagonally into bite size pieces (opt sweet potatoes)
½ red pepper, chopped into bite size pieces
¼ cup buckwheat groats (optional barley- has gluten)
1 ½ cup of water
2 large handfuls of spinach, (preferably not baby spinach)
2-3 tbsp red wine vinegar- to taste (start with 2 tbsp)
1 tsp tamari wheat free soy sauce
Nori sheet- optional – crumbled as a topping after stew is cooked (just a piece)

Directions:
1. Cook lentils to package instructions OR cook ½ cup dried lentils in 1 ½ cups of water. Bring to a gentle boil, and reduce heat to medium simmer for 30-45 minutes until soft. Drain water and set aside
2. In a large saucepan, on medium high heat, heat coconut oil until melted and then add the cumin seeds and mustard seeds. Heat seeds for 3 minutes or until aromatic.
3. Add minced garlic, chopped onions, celery and sauté together for about another 3 minutes then add chopped carrots, and chopped red peppers and sauté for about 2-3 minutes. You may need to reduce the heat to medium
4. Add the water and buckwheat groats and bring the stew to a gentle boil, then reduce heat to simmer and cover for 10-15 minutes or until buckwheat groats cooked. .
5. Place two large handfuls of spinach on top of the stew (do not mix in),cover and let cook for 3 minutes. Mix in the spinach into the stew and add tamari and red wine vinegar to taste (2-3 tbsp). If more seasoning needed, add another teaspoon of tamari.
6. Serve into bowls- with crumbled nori

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