

Mediterranean Diet Lentil Stew

The Blue Kitchen, Cider Hill Press

- 1 c brown lentils
- ½ c green lentils
- 4 c Vegetable Stock
- 3 carrots, peeled and chopped
- 1 large yellow onion, peeled and chopped
- 3 garlic cloves, minced
- 3-inch piece of fresh ginger, peeled and minced
- Zest and juice of one lemon
- 3 Tbsp smoked paprika
- 2 Tbsp cinnamon
- 1 Tbsp coriander
- 1 Tbsp turmeric
- 1 Tbsp cumin
- 1 ½ tsp allspice
- 2 bay leaves
- Salt and pepper to taste
- 1 [14 oz] can of cannellini beans, drained and rinsed
- Fresh mint, finely chopped, for garnish
- Goat cheese, crumbled, for garnish

Instructions

Place the lentils in a fine-mesh sieve and rinse them well

Place all the ingredients, except for the cannellini beans and the garnishes, in a slow cooker.

Cover and cook on low for 7.5 hours

After 7.5 hours, stir in the cannellini beans.

Cover and cook on low for 30 minutes

Ladle the stew into warmed bowls, garnish with fresh mint and goat cheese and serve.