

# Lentil Stew

Time: 30 minutes (10 min prep, 20 min cook); Servings: ~3-4

## Ingredients

- 2 tablespoons of olive oil
- 1 garlic clove, minced  
(or 1/2 teaspoon garlic powder)
- 1 teaspoon paprika
- 1 cup of dried lentils, rinsed
- 1/4 medium white onion, diced
- 1 medium tomato, diced (or 1/2 of a 12oz can diced tomatoes)
- 1 medium carrot, cut into 1/2 inch coins
- 1 medium potato, diced
- 2 1/2 cups of water
- 1 teaspoon salt (or to taste)

**Nutrition Tip:** Lentils are naturally high in protein and fiber, which help contribute to feelings of fullness.



## Directions

1. Heat the olive oil in a medium pot over medium heat. Add the garlic and paprika and cook with spatula until garlic is golden (~1 minute- don't burn it!). If using garlic powder, cook for ~15 seconds only.
2. Carefully add rinsed lentils, diced onions, tomatoes, carrots and potatoes and water and bring to boil over high heat. Turn heat down to medium and let soup simmer for 20 minutes.
3. When stew is done, season with salt.

Enjoy with a side of rice, bread, tortilla, or baked potato. Feel free to add chorizo, chicken, or other proteins if you would like.

*Adapted from the book "Vegetables Unleashed" by Jose Andres*

*Check out the Bears in the Kitchen recipe video at*

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