



# Recipes

## Soup

### **Warming Lentil Stew**

*Prep Time: 10 minutes*

*Cooking Time: 30 minutes*

*Yield: 4-6 servings*

#### **Ingredients:**

1 medium onion, chopped  
2 parsnips or carrots, chopped  
1 tablespoon sesame or olive oil  
1 cup red lentils, washed  
5 cups water  
2 teaspoons cumin  
1 teaspoon lemon juice  
1 teaspoon sea salt  
Chopped parsley or scallion for garnish

#### **Directions:**

1. Heat oil in a pot and sauté onion and parsnip for 10 minutes.
2. Add washed lentils and water and bring to a boil.
3. Skim off the foam. Lower the heat, add cumin and simmer, covered, for 20 minutes.
4. Add the lemon juice and salt. Simmer for another 2-3 minutes.
5. Serve in individual bowls and garnish with parsley or scallion.