

Sprouted Lentil Stew with Kale



INGREDIENTS

- 3 tablespoons olive oil
- 1 small white/yellow onion, diced
- 2-3 carrots, peeled and diced
- 2-3 ribs celery and diced
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon red pepper flakes (optional)
- Sea salt and freshly ground pepper to taste
- 10-ounce package sprouted green lentils
- 14.5-oz can organic diced tomatoes
- 4 cups organic vegetable stock
- 1 bunch kale, tough stems removed and cut into bite-size pieces

DIRECTIONS

1. Heat olive oil in a large wide bottom pan over medium-high heat. Add onions, garlic, carrots, and celery. Sauté and stir until the onions become translucent, approximately 3-4 minutes. Stir in the spices and season with sea salt and pepper to taste. Continue to stir and cook for 2 minute or so until fragrant.
2. Add the vegetable stock, tomatoes (and juice), and lentils. Blend and bring the mixture to a boil, stirring occasionally. Reduce the heat to a simmer and let cook for 20 to 25 minutes or until thickened; remove from heat.
3. Fold in the kale and cook over low heat for a minute or two until wilted. Serve in shallow bowls.