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Curried Lentil Vegetable Stew

Recipe From: Liz Barbour

Serves 8

2 Tbs olive oil
2 carrots, diced small
1 celery stalk, diced small
1 medium onion, diced
4 large cloves garlic, chopped
1 pound dried lentils
8-9 cups water or low sodium vegetable stock, chicken stock, or water
3 cups butternut squash, peeled, diced ½ “ cubes
1 15 oz can of diced tomatoes
1 Tbs Patak’s mild curry paste or 1Tbs curry powder
4 cups fresh chopped kale, or baby spinach
Kosher salt
Ground pepper
3 Tbs mint, chopped
1/3 cup crumbled goat or feta cheese

1. Heat an 8 qt heavy-bottomed pot over medium-low heat with oil, carrots, celery, onion, and garlic. Cover and cook the vegetables until soft and the onions are translucent, about 5-8 minutes.
2. Add the lentils, stock, squash, tomatoes, curry paste, and kale. Raise the heat to medium and simmer, covered for 35 minutes. When done, the lentils and squash should be tender.
3. Just before serving season with salt and pepper. Serve each bowl garnished with mint and feta cheese.

Serving Suggestions:

- Serve with pan seared chicken breast sliced on top.
- Add 4-6 additional cups of water and serve as *Lentil Vegetable Soup*. Serve with mint and cheese on top
- Serve as a side dish with duck, pork, chicken, salmon
- Serve inside a cooked pumpkin

Pumpkin Tureen:

Cut the top off of a large pumpkin. Remove the seeds. Season the inside with olive oil, salt and pepper. Place the pumpkin on a baking sheet and roast in a 400 degree oven until tender, about 1-1 ½ hour. Fill with hot stew and serve.

Best Brands

Store Brand Chicken Stock/Broth

1. Swanson Certified Free Range Organic Chicken Broth
2. Better than Bouillon Chicken Base
3. Swanson “Natural Goodness” Chicken Broth

Information from: *Cook’s Illustrated*