

Lentil and Bacon Stew

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This hearty stew is the perfect way to warm up on a cold winter's day. Bacon is simmered with lentils and a number of herbs and seasonings, along with beer for flavour and maple syrup for sweetness. Serve up with warm crusty bread or cheesy toast.

Ingredients:

6 rashers thick slice streaky bacon, smoked
750ml beef stock
350ml beer of your choice
200g dried brown lentils, rinsed and drained
1 onion
1 celery stick
1 carrot
1 garlic clove
1 tbsp. maple syrup
1/2 tsp. celery salt
1/4 tsp. ground nutmeg
Salt and pepper

Directions:

1. Chop the bacon. Finely chop the onion, celery and carrot and mince the garlic cloves.
2. Cook the bacon in a large dry saucepan until it starts to yield oil. Cook for around 7 minutes, then add the onion, celery, carrot and garlic. Fry for another 7 minutes.
3. Add the beef stock and beer and then bring to the boil before stirring in the lentils, maple syrup, celery salt, ground nutmeg and salt and pepper.
4. Simmer for 45 minutes or until the lentils are tender.

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