

Sweet & Spicy Lentil Stew

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This simple, filling and nutritious meal is simple to make and really rather delicious. Lentils, tomatoes and veggies are simmered with BBQ sauce, garlic and paprika to create a flavourful stew perfect for serving with chunks of warm crusty bread.

Ingredients:

200g dried lentils
1 litre chicken stock
3 tomatoes
1 onion
1 carrot
1 celery stick
1 garlic clove
1 apple
75g frozen peas
1 garlic clove
4 tbsp. BBQ sauce
2 tbsp. tomato puree
1 tbsp. olive oil
Paprika, salt and pepper to taste

Directions:

1. Finely dice the onion, celery and carrot. Score the tomatoes with a knife and remove the skin, either by hand or after blanching in hot water for 30 seconds. Dice the tomatoes. Peel the apple, remove the core and finely dice.
2. Heat the oil in a frying pan. Add onion, carrot, celery and garlic and fry for 15 minutes or so until soft and golden.
3. Add the apple, bbq sauce and tomato puree and cook for 2-3 minutes. Stir in the lentils to coat, then add the chicken stock. Season with paprika, salt and pepper and stir well. Bring to the boil, reduce to a simmer and cook for 20 minutes. Add the peas for the last 5 minutes of cooking.

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