

Hearty Root Vegetable and Lentil Stew

Prep:

10 mins

Cook:

35 mins

Yields:

4 servings

Ingredients

- 2 onions, diced
- 2 stalks celery, diced
- 1 sweet potato, diced
- 1 turnip, diced
- 2 parsnips, diced
- 1 red bell pepper, diced
- 1 tbsp ground cumin
- 2 cups dried green lentils
- 3 cups vegetable stock
- 3 cups water
- 2 tablespoons cornstarch mixed with 2 tablespoons water
- salt and pepper to taste
- 1 tbsp Italian Parsley, chopped

Directions

1. Heat the olive oil in a large pan. Add the onions and saute 2-3 mins until softened. Add in the remaining veg and cook another 2-3 minutes.
2. Add the lentils, cumin, water and stock to the pan. Bring to a boil, then lower heat and simmer for 25 mins until veg are tender and lentils are soft. Stir in cornstarch/water mixture and stir until stew thickens. Add parsley before serving.