

Lentil Paella

Prep time:

10 minutes

Cooking time:

25 minutes

Yields:

4 servings

Ingredients:

- ¼ c. Green pepper sm. diced
- ¼ c. Yellow bell pepper sm. diced
- 2 Stalks celery ; sliced
- ½ c. Onion sm. diced
- 2 Cloves Garlic ; minced
- 1 c Lentils
- 2 cups vegetable broth
- 1 pinch saffron
- 1 cup diced tomato
- 1 c Frozen peas ; thawed
- ¼ c fresh parsley chopped

- Salt and Pepper to taste

Directions:

1. In Dutch oven, sprayed with cooking spray, cook the green pepper, yellow pepper, celery, onion, red onion, and garlic, till tender but not brown. Add lentils, broth, and saffron to the pepper mixture. Bring to a boil: reduce heat. Cover and simmer for 20 to 30 minutes or until lentils are tender and liquid is absorbed. Stir in tomatoes, peas, and parsley. Heat through. Season to taste before serving. Serve over Saffron Cauliflower Rice.

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