



Makes 8 cups
Preparation Time: 20 minutes
Cook Time: 55 minutes

INGREDIENTS:

2 cups finely chopped onions

2 cups finely chopped mushrooms

1½ cups assorted dry lentils and/or legumes

4 cloves garlic, minced

4½ teaspoons grated fresh ginger

1 2-inch strip kombu (optional)

1 to 2 teaspoons spice blend of your choice, such as Italian, Cajun, Mexican, Thai, or ras el hanout

2 cups chopped fresh or frozen assorted vegetables

¾ cup canned diced tomato

2 tablespoons lemon juice

Sea salt, to taste

Freshly ground black pepper, to taste

Steamed grains, whole grain crackers, or bread

Clean-Your-Pantry Lentil-Vegetable Stew

Ever wonder what to do with the unused dried beans and vegetables that accumulate in your pantry and fridge? This recipe lets you turn them into a big, **flavorful stew** that warms you from the inside out. Leftover produce is seasoned with your favorite spice blend and simmered in a savory broth that infuses lentils or beans with tender flavor. Serve with a side of **whole wheat crackers** for a satisfying supper!

Tip: When making a bean or lentil stew, you can dial up the flavor (and the comfort factor) by adding one or more of the following digestion-enhancing spices and flavor boosters when cooking the legumes: 1 large bay leaf (remove before serving), ¼ teaspoon fenugreek seeds or ⅛ teaspoon ground fenugreek, 1 teaspoon fennel seeds or ½ teaspoon ground fennel, 1-inch cinnamon stick, or 2-inch strip kombu (remove before serving).

By Darshana Thacker Wendel

- 1** In a Dutch oven cook the first five ingredients (through ginger) over medium 10 minutes or until onions start to turn golden brown, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 2** Add 6 cups water, the kombu (if using), and desired spice blend. Bring to boiling; reduce heat. Simmer, covered, 50 minutes or until lentils and/or legumes are tender. Add vegetables and tomato. Cook 10 minutes or just until tender.
- 3** Add lemon juice; season with salt and pepper. Taste and adjust seasonings. Remove and discard kombu. Serve warm with steamed grains, crackers, or bread.