



Makes 8 cups
Preparation Time: 30 minutes
Cook Time: 15 minutes

INGREDIENTS:

½ cup chopped shallots

½ cup sliced celery

3 cloves garlic, minced

4 cups low-sodium vegetable broth

2 medium parsnips, narrow ends halved lengthwise and sliced, wide ends quartered lengthwise and sliced (2⅓ cups)

2 medium carrots, halved lengthwise and sliced (1 cup)

1 cup dry French green lentils or black beluga lentils

1 tablespoon dried herbs de Provence, crushed

8 oz. fresh cremini mushrooms, sliced (3 cups)

2 tablespoons red wine vinegar

1 14.5-oz. can no-salt-added diced tomatoes

1 tablespoon no-salt-added tomato paste

1 tablespoon capers, rinsed and drained

Sea salt, to taste

Freshly cracked black pepper, to taste

Chopped fresh parsley

French Green Lentil Stew

French lentils are smaller than traditional brown [lentils](#) and hold their “bite” after being simmered in the savory broth of this veggie-packed stew. Parsnips, carrots, and celery join forces to form a tasty base that invites in all the best fall produce. Umami-rich [mushrooms](#) are sautéed with juicy tomatoes and briney capers before being added to the pot and infusing everything with finger-licking-good flavor. Garnish each serving with fresh parsley and serve with whole grain crispbread crackers for dunking!

For more lentil recipes, check out these tasty ideas:

- [Lentil Burger Lettuce Wraps](#)
- [Harvest Vegetable Casserole with Lentils and Gravy](#)
- [Vegan Stuffed Peppers with Lentils and Herbed Rice](#)
- Or take a look at our full roundup of [lentil recipes](#).

By Shelli McConnell

- 1 In a large saucepan cook shallots and celery over medium 5 minutes or until tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add garlic; cook and stir 1 minute. Add broth, parsnips, carrots, lentils, and herbs de Provence. Bring to boiling; reduce heat. Cover and simmer 15 to 20 minutes or until lentils and vegetables are tender.
- 2 Meanwhile, in a large skillet cook mushrooms in vinegar over medium high 8 minutes or until all liquid has evaporated and mushrooms are browned and tender, stirring occasionally. Stir mushrooms, undrained tomatoes, tomato paste, and capers into pan; cook until heated through. Season with salt.
- 3 Top servings with freshly cracked black pepper and chopped fresh parsley.