

Hearty, Heart-Happy Lentil Stew



INGREDIENTS:

4 tbsp extra-virgin olive oil
1 large onion, chopped
1 celery stalk, chopped
2 leeks, chopped
4 cloves garlic, minced
2 cups brown or red lentils, thoroughly rinsed
2 cups kale, stems removed and chopped
1 sweet potato, chopped
2 potatoes, chopped
2 large carrots, chopped
1 15-oz can chopped tomatoes
4 cups no-sodium vegetable broth or water
2 cups water
1 tsp cumin
1 tsp onion powder
1/8 tsp cinnamon
pinches of salt and pepper

INSTRUCTIONS:

1. Heat a large pot over medium heat.
2. Stir in onions, celery, and leeks and cook for about 4 minutes.
3. Add the garlic and cook another a minute.
4. Toss in the lentils, kale, potatoes, carrots, canned tomatoes, broth, water, and all seasonings.
5. Bring to a boil, then simmer on medium-low with the lid on for about 30 minutes.
6. Enjoy!

