

YIELD: 4 PEOPLE

# Lentil and Potato Stew

This budget friendly, healthy vegan lentil and potato stew is full of comfort food goodness and seasonal ingredients, like carrots, greens, & winter herbs.

## PREP TIME

10 minutes

## COOK TIME

35 minutes

## TOTAL TIME

45 minutes

## Ingredients

- 2 teaspoons olive oil
- 1 small onion, chopped
- 500 grams / 2 cups potatoes, cut into 2cm pieces
- 250 grams / 1 1/2 cups carrots, cut into 1 cm slices
- 4 cloves garlic, minced
- 1 tablespoon rosemary leaves, finely chopped\*
- 1 teaspoon sea salt, to taste
- 1 teaspoon pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1 tablespoon apple cider vinegar
- 750 ml / 3 cups vegetable stock
- 150 grams / 1 cup brown lentils, soaked if possible\*\*
- 1 teaspoon coconut sugar or honey\*\*\*
- 1/2 teaspoon dijon mustard
- 3 tablespoons thyme, finely chopped
- 70 grams / 3 cups rucola (arugula) or other greens\*\*\*\*

## Instructions

1. In a large pot, heat the oil over medium. Add the onion and sauté for a couple of minutes or until softened and fragrant. Stir in the potatoes and carrots and cook for another five minutes, stirring occasionally, to brown slightly.
2. Add the garlic and rosemary, cook for an additional minute, then add the spices and stir for about 30 seconds. Pour the apple cider vinegar into the pot and stir, then the stock.
3. Increase the heat to high and bring the stew to a rolling boil. Add the lentils and reduce the heat to medium-low, then simmer for 25-30 minutes, or until the carrots and potatoes are tender.

4. Take the pot off the heat and stir in the coconut sugar, mustard, thyme, and greens. Serve hot and keep leftovers in the fridge for up to 3 days. The stew will thicken slightly as it sits.

## Notes

- The pot might get a bit brown on the bottom from the starch in the potatoes. Adding the vinegar should help lift it, but otherwise the broth will incorporate it and you'll end up with a more flavourful stew. Don't worry about it unless it's starting to burn, and then just reduce the heat.

\* If you don't have fresh herbs, substitute 1 tablespoon of herbes de Provence in place of the rosemary and thyme. Add it when you add the lentils.

\*\* Try to soak the lentils for 24 hours, but use dried and rinsed in a pinch. They'll take a bit longer to cook if they're not soaked.

\*\*\* The stew tastes a bit off without the sweetener, please don't leave it out.

\*\*\*\* You can also use frozen greens. If you do, stir them in and then turn off the heat, but leave the pot on the burner to thaw the greens.

## Nutrition Information: YIELD: 4 SERVING SIZE: 1

*Amount Per Serving:* CALORIES: 265 TOTAL FAT: 4g SATURATED FAT: 1g UNSATURATED FAT: 3g  
SODIUM: 786mg CARBOHYDRATES: 50g FIBER: 14g SUGAR: 11g PROTEIN: 12g

*This data is provided by a calculator and is a rough estimation of the nutritional information in this recipe.*

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**CUISINE:** North American / **CATEGORY:** Soups and Stews

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