

## **Stewed Lentils**

## Ingredients:

- 1 cup dry red lentils
- 1 yellow onion, chopped
- 4 garlic cloves, crushed
- 1/4 tsp ground allspice
- 1 celery stalk, chopped
- 1 tsp fresh thyme
- 2 Tbs fresh cilantro
- 1 tsp ground cloves
- 1 tsp sugar
- 1/2 tsp ground cumin
- 1 cup unsweetened coconut milk
- 1 cup water
- ½ tsp black pepper
- 3 Tbs oil
- ½ tsp all purpose seasoning
- 1 cup pumpkin, chopped

Amount per serving Calories 15 % Daily Val Total Fat 6g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 55mg Total Carbohydrate 21g Dietary Fiber 4g Total Sugars 2g Includes 0g Added Sugars Protein 6g Vitamin D 0.3mcg Calcium 50mg Iron 2.2mg	-	act	ion	Mutrit	
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	4%				
Potassium 260mg	0%				
	6%				
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 caloriday is used for general nutrition advice.					







## **Directions:**

- 1. Soak the lentils for at least 30 minutes.
- 2. Add oil to a Dutch pot over medium heat.
- 3. Add garlic, onions, cumin, celery, thyme, and cilantro and cook for 2 minutes.
- 4. Add the soaked and drained lentils and continue cooking for 5 minutes. The lentils will begin to burst.
- 5. Add all remaining ingredients, lower heat to medium-low, cover and simmer for 30 minutes or until lentils are tender.
- 6. Serve.

For more information contact The Living Whole

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