

## Stewed Tomatoes and Lentils

This lentil stew is flavored with Moroccan spices and beefed up with chickpeas. Serve with fresh cilantro and a dollop of yogurt for a hearty and comforting meal.

Prep Time: 15 minutes  
Cook Time: 45 minutes  
Servings: 4 servings  
Stores: 5 days in refrigerator  
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### Ingredients

- 1 TBSP extra virgin olive oil
- salt and pepper to taste
- 1 small yellow onion, chopped
- 1 cup carrots, diced
- 1 cup celery, diced
- 1 cup red pepper, diced
- 2 cloves garlic, minced
- 2 TBSP tomato paste
- 1 bay leaf
- 1 ½ teaspoons smoked paprika
- 1 teaspoon cumin
- 1/4 teaspoon ground cloves
- ½ teaspoon cinnamon
- 3 cups vegetable broth
- 6 Roma tomatoes, seeded and diced or (14 ounce can diced tomatoes)
- ½ cup cilantro leaves, loosely packed and chopped, plus some for garnish
- ½ cup dry French green lentils, rinsed
- 14 ounce can chickpeas, drained and rinsed

### Garnish:

- Greek yogurt
- Cilantro

## Instructions

1. Place large Dutch oven or sauce pot over medium heat.
2. Once hot, add olive oil, onion, carrot, celery, and garlic to the pot. Cook until softened, about 3 minutes.
3. Add tomato paste, bay leaf, paprika, cumin and cloves. Stir to combine and cook for 1 minute.
4. Add the vegetable broth, diced tomatoes, and cilantro to the pot. Bring to a simmer, stir then reduce heat to low, cover and cook for 45 minutes.
5. Add lentils and chickpeas to the pot, stir to combine, cover again, and cook another 20 minutes.
6. Remove lid from the pot, cook an additional 20-25 minutes until stew is reduced and thickened.
7. Season to taste with salt and pepper. Serve with more chopped cilantro, a dollop of yogurt.

Adapted *Running to the Kitchen recipe*