Lental Stew

Ingredients:

- 1 tsp. canola oil
- 1 cup orange lentals
- 1/2 diced onion
- 1 grated garlic clove
- 1 potato
- 1 large carrot
- 1 chopped tomato or use ready diced canned tomato
- 1 can tomato paste (optional)
- 1 dried lemon or lemon powder
- Cumin & Turmeric (1tsp each)
- Salt & Pepper to taste
- Vinegar/Tabasco Hot Sauce (optional)
- 2 cups of hot water with 1 vegetable

Procedure:

1. Leave the cup of lentals in water for 15 mins, then drain.

2. Saute the onion in canola oil add garlic and keep mixing until the onion becomes yellow and tender.

3. Add lental and spices to the onion and garlic and keep mixing, add the diced tomato, mix. Add the potato, carrots, and dried lemon, mix for 5 mins. Add more oil if needed.

4. Add hot water and vegetable cube, with tomato paste, mix and leave to cook until the potatos and carrots are well cooked.

* Serve with rice

(you may add okra if desired)

Enjoy!

قهوة

By: Fatmah M. Behbehani

LENTAL SOUP

INGREDIENTS:

· 1 TSP. CANOLA OIL
· 1 CUP ORANGE LENTALS
· 1/2 DICED ONION
· 1 GRATED GARLIC CLOVE
· 1 DICED POTATO
· 1 DICED CARROT
· 1/2 CUP WHIPPING CREAM

· CUMIN & TURMERIC (1 TSP EACH)
· 1 TSP. DRIED DILL
· SALT & PEPPER TO TASTE
· VINEGAR/TABASCO HOT SAUCE (OPTIONAL)
· 2 CUPS OF HOT WATER WITH 1 VEGETABLE STOCK CUBE

PROCEDURE:

1. LEAVE THE CUP OF LENTALS IN WATER FOR 15 MINS, THEN DRAIN.

2. SAUTE THE ONION IN CANOLA OIL AND GARLIC AND KEEP MIXING UNTIL THE ONION BECOMES YELLOW AND TENDER.

3. ADD LENTAL AND SPICES TO THE ONION AND GARLIC AND KEEP MIXING. ADD THE POTATO AND CARROTS, MIX FOR ABOUT 5 MINS.

4. ADD HOT WATER AND VEGETABLE STOCK CUBE, AND LEAVE THE MIXTURE TO BOIL. ALLOW TO BOIL UNTIL MIXTURE AND VEGETABLES ARE WELL COOKED.

5. MIX THE MIXTURE USING ELECTRONIC HAND BLENDER.

6. ADD WHIPPING CREAM, AND KEEP MIXING ELECTRONICALLY.

7. ADD MORE DRIED DILL FOR EXTRA FLAVOR.

ENJOY!

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