

plantifully based

SLOW COOKER LENTIL STEW

INGREDIENTS

3/4 CUP GREEN LENTILS (150G)
1 (13.5 OUNCE) CAN COCONUT MILK
2 CUPS (480ML) LOW SODIUM VEGETABLE BROTH
2 CELERY RIBS, CHOPPED (100G)
2 CARROTS, CHOPPED (100G)
1/3 VIDALIA ONION, CHOPPED (60G)
1 LARGE YUKON GOLD POTATO, CHOPPED (300G)
2 BAY LEAVES
1/4 TEASPOON DRIED THYME
1/4 TEASPOON BLACK PEPPER
1/4 TEASPOON SALT

METHOD

1. ADD ALL INGREDIENTS INTO THE SLOW COOKER. MIX TO INCORPORATE.
2. COOK ON HIGH FOR 4 TO 5 HOURS, UNTIL LENTILS AND POTATOES ARE SOFT.
3. ONCE THE STEW IS DONE REMOVE THE BAY LEAVES.
4. TASTE AND ADD MORE SEASONINGS TO YOUR PREFERENCE.
5. GARNISH WITH DRIED THYME, BLACK PEPPER AND FRESH PARSLEY IF DESIRED.

