



Lentil & Squash Stew

4 servings

45 minutes

Ingredients

1.4 liters Vegetable Broth (divided)
1 Yellow Onion (chopped)
4 Garlic (clove, minced)
1 gram Dried Thyme
6 grams Sea Salt
1 gram Black Pepper
1 Carrot (medium, peeled & chopped)
1 Yellow Potato (large, peeled and cut into small cubes)
420 grams Butternut Squash (peeled and cut into small cubes)
192 grams Dry Green Lentils

Directions

- 1 Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
- 2 Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
- 3 Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
- 4 Turn off the heat. Divide the stew between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to 3 months. Reheat with additional broth if necessary.

Serving Size: One serving is equal to approximately 2 cups of stew.

No Squash: Use sweet potato instead.

More Vegetables: Add celery, mushrooms, kale or peas.