

Helen's variation on PCC's¹ Lentil stew....

1-2 Carrots - diced but not too finely

1-2 Yukon or red potatoes - diced and not too small

2 Cloves Garlic - minced

1 onion, chopped

3 Ribs Celery, chopped

(maybe a roma tomato or two, chopped)

(maybe some kale, with the leaves shredded and tough stems removed)

1 ½ Cups French Green Lentils, or any other hard-shelled variety (I tend to use the simple brown lentils -- just don't use the shell-less lentils like "red chief" -- they turn to mush)

Salt/Pepper

Thyme (I just use some "poultry seasoning" -- it has lots of thyme in it)

3 or so Cups of stock / bouillon

5-8oz hot italian chicken sausage is really nice to include, also

(+ olive oil & splash of balsamic vinegar for the end)

Heat oil in a large pot - add potatoes, carrots and sausage; when the taters and carrots are softening up and the sausage is browning (7+ mins?), add onion, carrots, celery, garlic and cook a bit more (if i put the onions/celery in first, they get more cooked down more than i like)

Stir in thyme, lentils, salt/pepper, thyme & stock; bring to a boil.

Lower heat, stir in diced tomatoes and/or kale, if adding these, and add a splash of balsamic vinegar.

Cover (mostly) & simmer until lentils are cooked but still firm. 30-45 mins.

¹ "Puget Consumer Coop" -- Seattle's version of Bellingham's Community Food Co-op.