

CLEAN & TASTY

JACOB'S STEW

<i>Serving</i>	<i>Time</i>	<i>Level</i>
2	15 mins	easy

INGREDIENTS

- 2 c red lentils
- 2 carrots, coarsely chopped
- 3 3/4 c water
- 1/4 t fennel seeds
- 1/4 t cumin seeds
- 1 not-chicken bouillon cube
- 5 fenugreek seeds
- 3 garlic cloves, grated
- 1 t lemon juice
- 1 t turmeric
- salt to taste (unrefined)

DIRECTIONS

Sauté seeds and garlic in 1-2 T water until fragrant. Add lentils water to boil x 5 mins. Add turmeric. Reduce heat and simmer 25 mins. Add lemon juice and salt to taste. Add a little more water for a thinner stew or cook longer if needed for thicker stew.

