

# CELEBRATE Sisterhood

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## Everyday Lentil Stew: Flavor Over Fat

*Celebrate Sisterhood Recipe: From Our House to Yours*  
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### Ingredients

- 2 medium yellow onions, peeled and chopped
- 1 red onion peeled and chopped
- 1-2 tablespoons of olive oil
- 2 cups of chopped celery
- 3 medium carrots peeled and sliced
- 6-8 garlic cloves chopped or minced
- 6-7 cups of vegetable stock (canned or homemade)
- 2 tablespoons of chili powder
- 1-2 teaspoons of ground cumin
- 1 teaspoon of smoked paprika
- 1/2 teaspoon of cayenne pepper or more to taste or a few shakes of red pepper flakes
- 2 cups of red lentils, rinsed
- 1 28-ounce can of fire roasted tomatoes with their juice
- 1 15-ounce can of kidney beans or black beans (or beans of your choice) rinsed and drained
- Zest and juice of one lime
- Salt and pepper to taste

### Directions

1. In a large Dutch oven or large pot, heat olive oil and sauté onions, celery, carrots, garlic and 1 cup of vegetable stock over medium heat. Cook uncovered, until vegetables are soft (about 3-5 minutes).
2. Add the chili powder, cumin, paprika and cayenne pepper, and stir well for 1-2 minutes.
3. Add the rinsed lentils, tomatoes, kidney beans (or beans of choice) and the rest of the vegetable stock. Cover and bring to boil over high heat, and then simmer for 45 minutes until the lentils are soft.
4. At the very end add the lime zest and lime juice and season with salt and pepper.

Enjoy!