

Lentil, Kale & Quinoa Stew



Ingredients

1 Tbsp olive oil	1/2 tsp turmeric
1 yellow onion, chopped	2 tsp salt
3 carrots, chopped	1 cup red lentils
3 stalks celery, diced	1/2 cup dry quinoa
4 cloves garlic, minced	5 cups water
1 1/2 tsp ground cumin	1 28 oz can tomatoes
1/2 tsp ground ginger	2 cups chopped kale

Instructions

Heat 1 Tbsp olive oil in a large pot over medium heat and sauté the onions, carrots, and celery until tender, about 8 minutes. Add the garlic and sauté another minute, just until fragrant. Add in the cumin, ginger, turmeric, salt, lentils, quinoa, water, and tomatoes and bring the soup to a boil. Once boiling, lower the heat and cover the pot to let everything simmer until the lentils are tender, about 20 minutes. Once the lentils and vegetables are very tender, stir in the chopped kale and cook until it's wilted, just a few minutes. Season with additional salt, if desired and serve warm.

Optional: add 1/2 cup nutritional yeast.

Nutrition Information Per Serving

Makes 4 servings

Calories: 361