

SWEET TASTE OF TORAH

This snack relates to this week's parsha. Please take these as suggestions and make necessary changes based on your individual dietary needs.

Ya'aqob's Lentil Stew

Genesis 25:34



Ingredients:

- $\frac{1}{4}$ c. fresh chopped cilantro
- 3 carrots cut into small slices
- 2 Tbsp. extra virgin olive oil
- 1 small onion, diced
- 1 clove garlic, crushed
- 2 c. dry red lentils
- 2 qts. vegetable or chicken stock
- $1\frac{1}{2}$ tsp. cumin or parsley
- 1 bay leaf
- Salt and pepper to taste

Instructions:

- Chop the cilantro. Scrub the carrots, then cut them into slices (do NOT peel).
- In a medium sized soup pot, heat olive oil over medium heat. Add diced onion and sauté till translucent.
- Add garlic and carrot slices. Continue to sauté till onion turns golden and ingredients begin to caramelize. Add red lentils to the pot, stir. Cover mixture with 2 qts. of broth and bring to a boil. Reduce heat to a simmer.
- Add the fresh cilantro to the pot along with the cumin or parsley and bay leaf; stir. Add salt and pepper to taste.
- Cover the pot and let the stew simmer slowly for $1\frac{1}{2}$ to 2 hours, stirring every 30 minutes, until lentils are tender and the stew is thickened.