

# 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.