

Lentil Stew with Seitan

Serve this hearty and flavorful stew on any occasion. Recipe is from *Healing with Whole Foods* by Paul Pitchford. Serves 6

1 cup	lentils, soaked
5 inches	kombu, soaked
3-4 cups	water
1/2	onion, cut in crescents (optional)
1 clove	garlic, minced
2 large	carrots, wedges
2 medium	potatoes, sliced
1 cup	seitan
2	bay leaves
1/2 tsp.	thyme
1 tbsp.	miso
1 tbsp.	oil

1. Prepare lentils and cook 30 minutes with kombu.
2. Saute onion and garlic 2 minutes.
3. Add carrots and potatoes and saute 5 minutes.
4. Add sauteed vegetables, bay leaves, and seitan to lentils. Cover and simmer 30 minutes.
5. Add thyme. Dilute miso in some broth and return to stew. Cover and simmer 15 minutes.

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Shopping List

Lentil Stew with Seitan

<u>Ingredients</u>	<u>Wiegth or Volume</u>	<u>PLU #</u>
lentils	1 cup	_____
kombu	5 inches	_____
onion (optional)	1/2	_____
garlic	1 clove	_____
carrots	2 large	_____
potatoes	2 medium	_____
seitan	1 cup	_____
bay leaves	2	_____
thyme	1/2 tsp.	_____
miso	1 tbsp.	_____
oil	1 tbsp.	_____

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