

Lentil Stew

(or Soup or Paddies)

ver-3.1 (September 3rd, 2018)

I'm trying to come up with a fast, simple way to make a good tasting bowl or dish of Lentil whatever.

Have ready:

- * 1 tablespoon olive oil.
- * 1 quart chicken broth. (Could be 2 cups plus 2 cups water.)
- * 1 cup brown rice.
- * 1 cup brown lentils. (Green, red, black, etc. lentils all work as well, but cost more and cook time varies.)

Note: Recent lentils needn't be pre-soaked, but it might help ancient lentils (what I'm using up here).
Pre-soaking/washing lentils might help minimise farting --or simply get use to digesting them.

Note: The "3 day rule" applies to keeping cooked lentils in the fridge.

- * 1 medium onion or 1/2 large onion, finely diced.
- * 1 medium carrot, coarsely grated.
- * 1 stalk celery, finely diced --or: 1 tablespoon celery seed.
- * 1 garlic clove (minced) --or: 1 tablespoon garlic powder.
- * Salt and pepper to taste (added last, to taste/health).
- * 1 tablespoon (apple cider, balsamic, red wine, whatever) vinegar.

~~~~~Start the rice cooker with 3 cups of broth, the lentils and the rice.

- \* Heat up the olive oil in a saucepan.
- \* Add the onion, celery, carrot, and garlic. Stir until the onion softens (5 minutes).
- \* Add 1 cup broth and bring to boil, then cook/simmer for 10 minutes.
- \* Transfer all to the rice cooker and cook to term.
- \* When finished, stir/cut in the vinegar, salt (level teaspoon?) and pepper.

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** So far, this tastes fine, but it's not soup. It might be an OK base for soup. Try slowly adding a cup of milk to a level tablespoon of all purpose flour and a tablespoon of butter in a sauce pan. Heat while stirring (with a flat ended spatula) just to a boil, then stir in a cup of the above, heat some more and serve.

** Fry up the above base lentil stew (as it turned out) in your favorite oil, add ketchup, grated Parmesan cheese --and serve. (Delicious)