

# Lentil Stew

## Ingredients

- large onion, chopped
- 2 medium carrots, chopped
- cup frozen corn (optional)
- teaspoons olive oil
- teaspoon chipotle chili powder
- garlic cloves, chopped
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 carton (32 ounces) chicken or vegetable broth
- 3/4 cup dried lentils, rinsed
- 14oz can crushed tomatoes
- 4 cups yellow potato, cubed
- 1 can of black beans
- Salt & Pepper to taste

## Preparation

1. Heat a large pot over medium heat. Add oil and cook onions and carrots for 3 minutes, or until slightly softened
2. Add chili powder, garlic, cumin, and oregano, and cook for 1-2 more minutes, until fragrant
3. Stir in broth, lentils, and beans, and bring to a boil
4. Reduce heat to medium low and simmer, covered, for 20 minutes
5. Stir in crushed tomatoes and potatoes. Add salt and pepper
6. Simmer for 15 more minutes. Add corn at 10 minutes remaining if desired.

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Revision #1

Created Mon, Feb 8, 2021 12:14 AM by [Admin](#)

Updated Wed, Jul 12, 2023 10:36 PM by [Admin](#)