

GOLDEN LENTIL STEW

Ingredients:

2 Tbsp Butter
 1 Tbsp Olive Oil
 3 Large Carrots, peeled and sliced into 1/2 inch coins.
 2 leeks remove ends, slice thin, and rinse to remove any soil
 1 fennel bulb sliced into 1/4 inch slices then cut into 1/4 inch cubes
 2 celery stalks sliced into 1/8 inch slices
 1 zucchini sliced in 1-inch pieces quartered.
 6 large mushrooms quartered
 3 garlic cloves minced
 1 red pepper diced
 2 cups of lentils - rinsed and checked for stones
 4 cups of vegetable Broth
 2 cans fire roasted tomatoes drained
 2 cans of chickpeas, drained
 2 Tablespoons of Turmeric Dust
 1 lemon sliced
 Chopped fresh herbs such as fennel fronds or fresh parsley
 Fennel and Fire Fire Salt

Directions:

Step One: Preheat the oven to 400-degrees. In Dutch Oven or heavy stockpot with a thick bottom, melt butter. Saute the fennel bulb, celery, and red pepper over medium heat for about 3 min. Add the leeks, mushrooms, and zucchini. Saute an additional 3 min, add the garlic and saute 1-2 min stirring constantly. Add tomatoes to pot and saute for 3-4 min.
Step Two: Place carrots in a bowl pour olive oil over them. Sprinkle 1/2 Tbsp of Turmeric Dust on them and toss to coat evenly. Place on a cookie sheet covered with aluminum foil. Roast in a preheated 400-degree oven for 30 min. or until tender.
Step Three: Add broth to Dutch oven with the vegetables and bring to boil. Turn down to medium heat and add the lentils, chickpeas, and the remainder of the Turmeric Dust. Cook for 20-25 min or until lentils are soft but not mushy. Add carrots into the pot for the last few minutes to rewarm if necessary.
Step Four: Ladle into a soup bowl, squeeze fresh lemon over bowl, and top with fresh herbs. Finish with Fennel and Fire Fire Salt

