

## MUSHROOM AND LENTIL STEW

Eating For Sustained Energy: Gabi Steenkamp & Liesbet Delport

Serves 4

- \* 10ml (2t) olive oil
- \* 1 large onion, peeled and chopped
- \* 1 carrot, peeled and grated
- \* 1 sweet pepper, seeded and chopped
- \* 500ml (2c) cooked lentils or 2x410g cans lentils, drained
- \* 300g brown mushrooms, sliced
- \* 30ml (2T) tomato paste
- \* 2ml (½t) sugar
- \* 100ml chopped fresh parsley
- \* 2ml (½t) dried basil or 30ml (2T) chopped fresh basil leaves
- \* 2ml (½t) dried thyme or 30ml (2T) chopped fresh thyme
- \* 5ml (1t) vegetable stock powder
- \* 125ml (½c) hot water
- \* Salt and freshly ground black pepper to taste

1. Heat the oil in a large saucepan and fry onion and garlic until transparent.
2. Add the carrot, red pepper and lentils, and stir-fry for 2 minutes.
3. Add the mushrooms, tomato paste, sugar, parsley, basil, thyme, stock powder and hot water. Cover and simmer for 15 minutes, or until the vegetables are tender.
4. Season with a little salt (salt is only needed if freshly cooked lentils are used; canned lentils are already salted) and freshly ground black pepper

