Lentil Stew Recipe

Genesis 25:27-34

Jacob makes stew for Esau's Birthright

Ingredients



- 1 cup lentils
- 1 onion
- 5 cups water
- 1 bay leaf
- Parsley, thyme and salt to taste
- Mint leaves
- Optional: diced carrots, potatoes or stewed tomatoes

Directions

1. Pick over and wash 1 cup of lentils.
2. Put the lentils in a saucepan and add 5 cups of water.
3. Add 1 onion, chopped, 1 bay leaf, 8 sprigs of fresh parsley and 1 sprig of thyme (or the dried equivalent of these), and salt to taste.
4. *Optional*: add chopped carrots, potatoes or stewed tomatoes.
5. Bring the soup to a boil. Reduce heat. Simmer for 1½ hours or until the lentils are tender.
6. About 4 or 5 minutes before serving, stir in 3 tablespoons of finely chopped parsley and 5 or 6 fresh mint leaves.
7. Serve.

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