

## Make Lentil Stew

Make and eat a simple lentil stew as Jacob did to steal the blessing from Esau.

### Ingredients

- ¼ cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- ½ teaspoon dried thyme
- 1 28-ounce can of diced tomatoes, drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- Pinch red pepper flakes
- Freshly ground black pepper
- 1 cup chopped fresh collard greens or kale, tough ribs removed

### Directions

1. Warm the olive oil in a large Dutch oven or pot over medium heat. Add the chopped onion and carrot and cook about 5 minutes.
2. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes.
3. Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season with freshly ground black pepper. Bring the mixture to a boil, then partially cover the pot and reduce heat to a gentle simmer. Cook for 30 minutes, or until the lentils are tender but still hold their shape.
4. Transfer 2 cups of the soup to a blender and purée until smooth. Pour the puréed soup back into the pot and add the chopped greens. Cook for 5 more minutes, or until the greens have softened.
5. Remove the pot from heat. Taste and season with more salt, pepper if desired. Serve.