



## Lentil Vegetable Stew

Serves 6

### Ingredients

2 Tbsp extra virgin olive oil  
1 large onion, dice about ½ inch  
3 large carrots, peeled  
1 medium sweet potato, peeled and diced into 1-inch cubes  
2 diced fresh tomatoes  
1 ear of corn, cut the kernels off the cob but save the cob and put it in the pot to boil  
4 cloves of garlic, peeled and minced  
7 cups chicken broth (I used only 4 tsp of Better than Bouillion with 1 7 cups of water) to make the broth more dilute yet to add a little uumph  
1 cup of brown lentils, rinsed and drained  
½ tsp smoked paprika  
3 large bay leaves  
½ tsp ground black pepper  
¼ cup chopped fresh dill for the end  
Juice of 1 lemon for the end

### Instructions

Heat a 4 quart soup pot and add the oil, then the carrots and onions. Let them saute until they are a little soft, about 5 minutes.

Add the sweet potato, tomatoes, corn and garlic and continue stirring and cooking for 3 minutes or so.

Add broth, lentils, corn cobs and seasonings - just keep the dill and lemon juice aside for the end.

Bring to a boil then lower heat and cook on low simmer for 20 minutes until the carrots are tender. Remove from the heat, remove the bay leaves and the corn cobs. Add the lemon juice and fresh dill.

I served this with my fresh flour tortillas and fresh sliced peaches from the farmers market!

