

Dish prepared by Margarita Castro for the Master Vegetarian Program 4/14/2009 - Cancer Project presentation

Lentil Artichoke Stew

This aromatic, fiber packed, tasty Middle Eastern dish is great served over brown rice or your favorite pasta.

2 cups diced onion
2 large garlic cloves, pressed or minced
2 teaspoons ground cumin
1 teaspoon ground coriander
1 cup dry red lentils
1 bay leaf
1 teaspoon olive oil
2 tablespoons fresh lemon juice
2 24-ounce cans chopped tomatoes, undrained (use fire roasted canned tomatoes if available)
1 1/2 cups quartered artichoke bottoms (12-ounce can drained)
1/4 teaspoon crushed red pepper flakes (optional)
water as needed
salt and ground black pepper to taste

Heat the olive oil in a saucepan. Add the onions and sauté on medium heat for about 5 minutes, until golden. Add the garlic, cumin, and coriander and cook for 2 minutes., stirring frequently. Add lentils, bay leaf, lemon juice, tomatoes and tomato liquid, artichoke hearts, and crushed red pepper (if using), and bring to a boil. Lower the heat and simmer for about 20 minutes or until the lentils are tender. Add water if stew becomes too thick. Remove and discard the bay leaf.

Add salt and pepper to taste and serve alone or over rice or pasta.