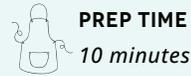




SPAIN

Spanish Lentil Stew



PREP TIME
10 minutes



COOK TIME
40 minutes



SERVINGS:
5

A cozy, nourishing stew made with lentils, vegetables, and smoky paprika.

DIRECTIONS:

- 1. Saute Chorizo:** Slice chorizo into 1/4" rounds. Heat a large pot on medium heat. Add the chorizo slices in a single layer and cook for 1 minute, just to lightly render some of that fat. Flip each slice to the other side and cook one minute. Transfer to a paper towel-lined plate.
- 2. Saute Veggies:** Add 1 tablespoon olive oil to pan. Add onion, bell pepper, carrot, and celery then sauté for 5 minutes. Add garlic, paprika, and oregano, and stir. Add 1/2 cup tomato sauce and cook for 2-3 minutes.
- 3. Add** lentils, potatoes, chorizo, broth, red wine vinegar, bay leaves, and season with black pepper.
- 4. Cook:** Bring to a boil, then reduce heat to low, cover the pot, and simmer for 20-30 minutes or until the lentils are tender. Taste and season with sea salt and pepper, as needed.
- 5. Serve** garnished with fresh chopped parsley. Serve with crusty bread for dipping, and a simple green salad, if desired.

NOTES:

Spanish chorizo is essential for this recipe (it is fully cooked/cured). You can buy it [online at Amazon](#) or possibly from Whole foods, or an International market near you. Use dulce (sweet) or picante chorizo (spicy) depending on preference. If you are wanting a less expensive option, you could substitute Kroger's Chorizo Smoked Sausage or Boar's Head Superiore Uncured Chorizo Spanish Style Sausage.

Make Ahead Instructions: Chop all the veggies in the morning to help this soup come together quicker.

Freezing Instructions: Allow to cool completely then place in a freezer safe container and freeze for up to three months. Thaw in the fridge before reheating on the stove.

INGREDIENTS:

- 1 whole dry, cured Spanish Chorizo (about 8oz), casing removed
- 1 medium yellow onion , finely diced
- 1 red bell pepper , diced
- 1 carrot , thinly sliced
- 2 ribs celery , sliced
- 4 cloves garlic , roughly minced
- 1 teaspoon sweet smoked Spanish paprika (2 g)
- 1/2 teaspoon dried oregano (0.5 g)
- 1/2 cup tomato sauce (120 g)
- 1 cup dry brown lentils , rinsed (200 g)
- 2 small yukon gold potatoes , cut into 1/2" pieces
- 6 cups vegetable broth , or chicken broth (1.4 liters)
- 1 Tablespoon red wine vinegar (15 mL)
- 2 bay leaves
- salt and pepper , to taste
- 1/2 cup fresh chopped parsley
- Crusty artisan bread or baguette , for serving



TOOLS USED:

- [Large Pot](#)
- [My favorite knife](#)