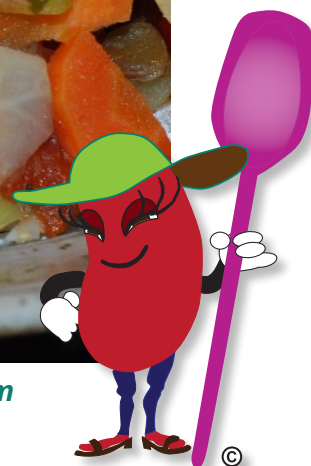


Beans, Rice And Everything Nice

Lentil and Cabbage Stew



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Ingredients

makes 4–6 servings

- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 cup green lentils
- 4 cups water
- 4 teaspoons Italian seasoning
or
- 1 teaspoon each dried basil, oregano,
thyme, and rosemary
- 1/8-1/4 teaspoon red pepper flakes
(optional)
- 1-796 ml (28 ounce) can no-salt added
diced tomatoes
- 2 stalks celery, sliced
- 2 carrots, peeled and diced
- 1/4 head of cabbage, cut into ribbons
(about 4 cups)

1. Heat a large skillet with a lid over medium heat. Add the diced onion and dry saute until translucent, about 5 minutes. Add a splash of water, if needed, to prevent sticking. Add the minced garlic, lentils and 4 cups of water. Turn up the heat. Bring to a boil over medium-high heat, reduce heat to medium-low, cover with the lid and let simmer for 30-40 minutes.
2. When lentils are cooked, add the rest of the ingredients. Stir to combine. Bring to a boil over medium-high heat, reduce the heat to medium-low, cover with the lid, and simmer for 10 minutes, until the cabbage is cooked. Serve over brown rice or pasta. Add salt and pepper to taste.

Note: To shorten cooking time, add pre-cooked or canned lentils to the pot after sauteing the onion along with the rest of the ingredients, and continue with the recipe as instructed in step 2. You may add up to 1 cup of extra water, if needed.