

# LENTIL STEW

2 Servings

## INGREDIENTS

1 T Olive Oil

1 Small Onion

3 Garlic Cloves

½ cup thinly sliced Carrot

Sea Salt & Black Pepper

1 16 oz can cooked Lentils, drained and rinsed, or 2 cups cooked Lentils

Bragg Liquid Aminos, coconut amino acids, or tamari to taste

¾ cup Chicken or Vegetable Broth

## DIRECTIONS

Over medium heat, warm the oil in a 2-quart saucepan. Add the onion and saute for 7 minutes, until translucent. Add the garlic and saute for another minute, until fragrant. Add the carrot, salt, and pepper. Cover and stir occasionally until carrot is tender.

Stir in the lentils and Braggs. Simmer for 5 minutes. Add the broth and simmer 5 more minutes.

## SHOPPING LIST

Item 1

Item 2

Item 3

Item 4