



CULINARY LEARN AND SHARE

Carrots and Lentils in Olive Oil

Cook Time: 50 min.



Ingredients

- 1 cup (125g) brown, green or black lentils, rinsed
- 3 cups (710 mL) water
- ¼ cup (59 mL) olive oil
- 1 onion, sliced thin
- 1 tsp (5mL) coriander seeds or coriander powder
- 4 garlic cloves, minced
- 1 ½ pounds carrots*, peeled and sliced thin (about 4 cups /400g)
- 1 Tbsp tomato paste dissolved in 1 cup (240 ml) water
- 1 tsp (5mL) sugar
- Salt to taste
- ½ cup (15g) chopped fresh mint*

Directions

Wash hands before preparing recipe.

Combine the lentils with 3 cups water in a saucepan and bring to a boil. Reduce the heat, cover, and simmer for 15 minutes. Set a strainer over a bowl and drain the water the lentils were cooked. Save this water.

Heat the oil over medium heat in a heavy casserole or skillet pan. Add the onion and coriander seeds or powder. Cook, stirring, until the onion is tender, about five minutes.

Add the garlic and carrots and salt to taste. Cook, stirring, for two to three minutes until the carrots begin to soften.

Stir in the dissolved tomato paste, sugar, and lentils. Add 1 to 1 -1/2 cups of the cooking water from the lentils (enough to cover the lentils), salt to taste and half of the chopped mint.

Bring to a simmer, and simmer uncovered for 15 to 20 minutes until the lentils are tender and most of the liquid has evaporated. Taste and adjust salt.

Remove from the heat, sprinkle on the remaining mint and serve, or allow to cool and serve at room temperature with cooked whole grains, like brown rice or quinoa.

*Substitute with cilantro (coriander leaves). Parsnips for carrots.

Recipe Source: *Martha Rose Shulman, New York Times Cooking*



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