

# LENTIL STEW



CANADA AGRICULTURE AND FOOD  
MUSEUM – MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION DU CANADA

**Program** Online

**Location:**

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Served with baguette, this comforting, plant-based stew is perfect for cold winter days!

## Ingredients

- 3 tbsp (45 mL) olive oil
- 1 small onion, chopped
- 2 cloves of garlic, minced
- 2 large carrots, peeled and chopped
- 2 celery ribs, diced
- 14 fl oz (398 mL) can of diced tomatoes
- 2 cups (500 mL) vegetable or chicken broth
- 1 tsp (5 mL) paprika
- 1 tsp (5 mL) cumin
- ½ tsp (2.5 mL) garlic powder
- 19 fl oz (540 mL) can of green or brown lentils, rinsed and drained
- Juice of half a lemon
- Salt and pepper, to taste
- 2 big handfuls of spinach



### Preparation

1. Heat the oil in a large pot or saucepan over medium heat.
2. Add the onions, garlic, carrots, and celery.
3. Stir and cook until translucent and soft, about three to five minutes.
4. Stir in the diced tomatoes and cook for another minute.
5. Pour in the vegetable broth.
6. Add the spices and lentils. Stir to combine.
7. Cover and bring the stew to a boil. Reduce heat and simmer, uncovered, for five to seven minutes.
8. Remove from heat, then stir in the lemon juice. Season with salt and pepper to taste.
9. Stir in the spinach. Simmer until the spinach has wilted, about two minutes.
10. Serve with a piece of baguette and enjoy!

**Note:** For a smoother texture, use an immersion blender and pulse a few times. Refrigerate any remaining stew for up to four days.