

Recipe for Lentil Stew

This recipe received excellent reviews from my family. Daddy said, 'This is really good, really good!'

2 bell peppers, any colors, finely chopped
1 onion, finely chopped
1.5 lbs. chicken--tenders, thighs, breast--cubed
1.5 cups green lentils
2 c. chicken broth
2 c. water
juice of 2 limes
1 tablespoon Salt, yes, 1 tablespoon.
4-6 tablespoons cumin
a few tablespoons olive oil



Directions:

1. First, saute chicken and onions, with a small amount of olive oil, until onions are translucent and chicken is well cooked.
2. Add peppers, lentils, and cumin, and saute all ingredients together for 5-10 minutes being careful to avoid burning of lentils.
3. Add chicken broth, water, lime juice, and salt.
4. Bring all to a boil and leave simmering until lentils are soft. Stir occasionally, watching to make sure it doesn't stick on the bottom the pot.

Recipe Notes:

* I used homemade chicken broth that is very concentrated. If using normal broth, substitute more broth for the water listed

* Serving with a dollop of unsweetened yogurt or heavy cream, chopped cilantro or whatever else sounds good to you! Delicious...