

## *Brown Lentil Stew*

**Serves 3-4**

### Step 1

**1 cup (250 ml) brown lentils**

### Step 2

<b>1 tablespoon ghee</b> <b>1 teaspoon ground fennel</b> <b>1 teaspoon ground coriander</b> <b>½ teaspoon ground cumin</b> <b>½ teaspoon turmeric</b> <b>½ teaspoon dried rosemary</b>	<b>1 bay leaf 2 celery stalks, chopped</b> <b>3 carrots, chopped</b> <b>1 beet, chopped</b> <b>3 cups (750ml) water</b>  <b>Step 3</b> <b>1 teaspoon salt</b>
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### Direction

1. Soak lentils in hot water for an hour.
2. Heat ghee in a pressure cooker and add fennel, coriander, cumin and turmeric and sauté spices for 30 seconds until the fragrance is released. Add rosemary, bay leaf, vegetables, lentils and water. Seal the pressure cooker and begin cooking over high heat. Once the pressure cooker comes up to pressure, lower the heat to medium to maintain pressure. Cook the stew for 10 minutes.
3. Turn off heat and wait 10 minutes for the pressure cooker to cool off. Release remaining pressure. Stir in salt. Serve on top of **Herbed Polenta**.

Note: If you don't have a pressure cooker, you can cook the stew on medium heat in a regular pot, partially covered, stirring frequently. You will need to add more water. Cook

the stew until lentils are soft. It can take up to an hour.

*For Kapha Dosha*

