

French Lentil and Potato Stew

Here is a French lentil and potato stew recipe for using parsnips adapted from "Feeding the whole family":

2 tsp oil or butter

1-2 onions or leeks

Sauté for a few minutes

1tp each of cumin, coriander, tumeric, and freshly grated ginger root (which by the way keeps great in the freezer)

1/4tsp each cayenne, allspice, and cinnamon

a bit of black pepper

Sauté for a few more minutes

3-4 potatoes, cut in cubes

2 stalks celery, chopped

2 parsnips, chopped

1 carrot, chopped

1 cup French lentils (tiny brown lentils)

6-8 cups of water (depending on how thick or thin you want it)

2 cubes veg. broth or sea salt to taste

Add the rest of ingredients. Bring to boil. Reduce heat and simmer 50-60min (20min in pressure cooker)

Submitted by Miriam (Mimi) Delfiner