

SPICY LENTILS

Yield: 4 cups

Ingredients	Amounts
Olive oil	1 Tbsp.
Shallots or green onions, minced	¼ cup
Garlic, minced	2 Tbsp.
Carrots, diced	1/3 cup
Celery, diced	1/3 cup
Shiitake or cremini mushrooms, chopped	½ cup
Red wine vinegar (or to taste)	3 Tbsp.
Canned chipotle chiles in adobo, minced (or to taste)	1 tsp.
Green or brown lentils	8 oz.
Clear vegetable or chicken stock or water	2-3 cups
Salt and freshly ground pepper	

Method

1. In a saucepan over medium heat add the oil, shallots, garlic, carrots, celery and shiitakes. Sauté slowly until soft but not brown.
2. Add the vinegar and chipotles. Raise the heat to high and stir for 3-4 minutes or until liquid is reduced by half.
3. Add the lentils and stock. Bring the liquid to a boil, reduce the heat to a simmer and cover.
4. Cook for 20 minutes or until the lentils are tender but still firm and not mushy. Add more stock if necessary.
5. Season to taste with salt and pepper.

Note: Delicious served cold as a salad with greens or hot as an accompaniment to simply prepared meats, chicken and sausages.

Recipe credit: John Ash, as presented at the April 2008 Healthy Kitchens, Healthy Lives Conference