

MONASTERY LENTILS

Recipe by belkathy

“Those monks know their stuff! The sherry makes this wonderful - don't leave it out! I like this best with Parmesan on top, but cheddar is awfully good too. Serve with crusty bread for a hearty, meatless meal.”



READY IN: 1hr 10mins

SERVES: 4

UNITS: US

INGREDIENTS

- 1/4 cup olive oil
- 2 large onions, chopped
- 2 carrots, chopped
- 1/2 teaspoon dried thyme (or more)
- 1/2 teaspoon dried marjoram (or more)
- 3 cups beef, chicken or vegetarian stock
- 1 cup dry lentils, washed and sorted
- salt
- 1/4 cup chopped fresh parsley (optional)
- 1 lb canned tomato
- 1/4 cup dry sherry
- grated parmesan, cheddar or swiss cheese, to top

NUTRITION INFO	
Serving Size: 1 (465 g)	
Servings Per Recipe: 4	
AMT. PER SERVING	% DAILY VALUE
Calories 369.9	
Calories from Fat 132	36%
Total Fat 14.7 g	22%
Saturated Fat 2.2 g	11%
Cholesterol 0 mg	0%
Sodium 849.5 mg	35%
Total Carbohydrate 42.5 g	14%
Dietary Fiber 17.6 g	70%
Sugars 7.7 g	30%
Protein 16.3 g	32%

DIRECTIONS

In a large pot, saute the carrot and onions 3-5 minutes in the olive oil.
Add and saute one minute more: thyme and marjoram.
Add the stock, lentils, salt, parsley, and tomatoes.
Bring to boil, then cover and reduce heat.
Let cook until lentils are tender (about 35-45 minutes).
Add the sherry and allow to cook for just a few minutes more.
Top with cheese to serve.

