

Sprouted Red Lentil, Quinoa and Vegetable Stew

Chef Colombe

Serves: 4

This satisfying main dish is a unique combination that cooks up like a pilaf but tastes like a wonderful, Indian spiced-chili. Tender sprouted quinoa and lentils blend beautifully to form its protein-rich base, which is studded with colorful vegetables and infused with aromatic spices.

Ingredients:

5 cups vegetable stock

2 cups water

1 large onion

1 large carrot

2 tbsp. extra-virgin olive oil

One 2-inch piece fresh ginger

4 cloves garlic

2 cups packed kale leaves

1 tbsp. mustard seeds, toasted, then ground

3 tbsp. cumin seeds, toasted, then ground

3 tbsp. coriander seeds, toasted, then ground

3 tbsp. red chili powder

$\frac{3}{4}$ tsp. sea salt

$\frac{1}{4}$ tsp. cayenne pepper

1 cup lentils, sprouted

1 cup quinoa, sprouted, preferably red

½ cinnamon stick

1 cup peas, fresh or frozen

½ cup plain goat or sheep yogurt

2 tbsp. packed fresh cilantro

Bring the broth to a boil in a medium sauce pan, and then keep warm over low heat until ready to use.

While the broth is heating, chop the onion and dice the carrot. Heat the oil in a large saucepan or soup pot over medium-high heat. Add the onion, and carrot, and cook, stirring occasionally, until they begin to soften, about 5 minutes. Meanwhile, mince the ginger and garlic. Stem the kale, discard the stems and coarsely chop the leaves.

Add the garlic, ginger, cumin, coriander, salt, chili powder and cayenne to the onion-carrot mixture and cook, stirring, for 30 seconds. Add the lentils, quinoa, and all but 1 cup of the boiling broth. Stir in the kale leaves and cinnamon stick. Cover, decrease the heat to medium-low, and simmer until the quinoa and lentils are nearly tender, about 10 minutes. Add the peas and cook until the peas, quinoa, and lentils are tender, 2 to 3 minutes more. Stir in the remaining broth as needed if the mixture seems too thick. Serve garnished with a dollop of yogurt, and 1 ½ teaspoon cilantro leaves.