

David's Lentil Stew

- 1 Bag of dried lentils
- 1 Bag cut frozen okra
- 1 Bag of green peas (black eye peas, field peas, etc. can be substituted)
- 1 Bag of frozen chopped onions or pearl onions (or medium fresh onion, chopped)
- 2 Cans of diced tomatoes (no salt added)
- 1 Sm can of diced mild green chili or fresh banana peppers (diced)
- 1 Bottle of chili sauce
- 2-3 Quarts of chicken or vegetable broth (depends on how soupy you want the stew)
- 1 Organic chicken drumstick or thigh (optional)
- 2 Tbsp of lemon or lime juice
- 1 Tbsp of minced garlic or 1 tsp of garlic powder (optional)
- 1 Tbsp of cumin seeds
- 1 Tbsp of coriander seeds
- 1 Tsp of celery seeds
- 1 Tbsp of No Salt (or to taste)
- 1 Tsp of ground cumin seed powder (or to taste)
- 1/4 Tsp of powdered thyme (or to taste)
- 1/4 Tsp of black pepper (or to taste)
- 1 Tsp of Summer Savory

Soak lentils overnight with two 2T of lemon or lime juice added to water. Drain and rinse lentils. Follow the directions on the bag relative to amount of water and substitute stock for water. Bring stock to a boil and add seasonings. Add in drained and rinsed lentils. Bring to a slow boil and add chicken piece, if being used. Reduce heat to a simmer with the pot lid slightly ajar. When lentils at least an hour add the frozen and canned vegetables and bring to a slow boil again and then reduce to a simmer with pot lid ajar.

If you're using a fresh onion, peppers or garlic, heat 2T of oil in a large skillet and saute. chopped onion, if using. If using fresh diced peppers and/or minced garlic add to the saute when the onions are beginning to soften up. Clear an area in the center of the skillet and slightly brown the garlic before mixing into the onions. Add the diced peppers and continue to saute. Add the saute to the pot and complete the cooking time.

The stew goes well with cornbread. When eating this as a thick stew, you can serve it over fried cornbread (or brown or black rice).