Lentil and Mushroom Stew

Ingredients:

- 2 tbsp. olive oil
- 1 scallion bunch chopped.
- 8 oz. Baby Bella mushrooms sliced and steamed.
- 3 garlic cloves minced.
- 3 tbsp. tomato paste
- 1/2 cup dry red wine
- 1 tbsp. dried rosemary
- 6 thyme sprigs
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 cups Vegetable broth
- 2 tbsp. flour
- 1 cup (cooked) brown lentils
- 2 tbsp. low sodium soy sauce

How to Make It:

1. Large skillet, heat oil and add chopped scallions and mushrooms. Cook until scallions are soft, and mushrooms are golden brown. (8 minutes)
2. Add garlic and tomato paste: cook until paste turns brick red (4-5 minutes) Add wine, 1 tbsp. rosemary, thyme, 1/2 tsp. salt and pepper. Cook wine until reduced (2 mins).
3. Whisk broth, flour, and soy sauce in a bowl and pour into pan. Simmer until mixture thickens (6-7 minutes)
4. Stir in lentils and remove thyme stems from pan. Let lentils simmer for 15 minutes.
5. Divide stew to four plates. Garnish with herbs and scallions if desired.

Time to make: 1 hour.
(4 Servings)