

## **Red Lentil and Artichoke Stew**

This aromatic, fiber-packed, tasty Middle Eastern dish is great served over brown rice or your favorite pasta or on its own as a stew.

Serves 4-6

### **INGREDIENTS**

2 cups diced yellow onions  
2-3 large garlic cloves, pressed or minced  
2 teaspoons ground cumin  
1 teaspoon ground coriander  
1 cup dry red lentils  
1 bay leaf  
1 teaspoon olive oil  
2 tablespoons fresh lemon juice  
2 16-ounce cans chopped tomatoes (fire-roasted canned)  
1-1/2 cups quartered artichoke bottoms (15-ounce jar, drained)  
¼ teaspoon crushed red pepper flakes (optional)  
Water as needed  
Salt and ground black pepper, to taste

### **DIRECTIONS**

Heat the olive oil in a saucepan. Add the onions and sauté on medium heat for about 5 minutes, until golden. Add the garlic, cumin, and coriander and cook for 2 minutes, stirring frequently. Add the lentils, bay leaf, lemon juice, tomatoes and tomato liquid, artichoke hearts, and crushed red pepper (if using) and bring to a boil. Lower the heat and simmer for about 20 minutes or until the lentils are tender. Add water if stew becomes too thick. Remove and discard the bay leaf. Add salt and pepper to taste. Serve alone or over rice or pasta.

Recipe adapted from *Moosewood Restaurant Low-Fat Favorites*