

One-Pot Winter Vegetables Lentils

This hearty lentil stew is thick and satisfying with warm, earthy flavors

6 servings

1 cup French green lentils
2 tablespoons apple cider vinegar
1 tablespoon ghee or coconut oil (olive oil is ok but keep temperature low)
1 medium yellow onion, chopped
2 stalks celery chopped
1 celeriac, peeled and chopped into 1/2" dice, about 3/4 pound
1 turnip, peeled and chopped into 1/2" dice
3/4 pound carrots, peeled and chopped into 1/2" dice (4 carrots)
1/2 pound parsnips, peeled and chopped into 1/2-inch dice (3 parsnips)
1 teaspoon Celtic sea salt
5 cups chicken broth or vegetable broth
1 chipotle chili pepper
1 bay leaf
2 sprigs fresh thyme or 1/2 teaspoon dried
1 bunch hearty greens trimmed and sliced very thin (kale, mustard greens, collards), about 5 cups
extra virgin olive oil, to serve

- Pour the lentils into a large mixing bowl, cover with warm water by 2 inches, and stir in vinegar. Cover the bowl loosely with a kitchen towel and leave in a warm spot in the kitchen for 8 to 12 hours. Drain the lentils and rinse well.
- Melt the ghee in a heavy-bottomed stock pot over medium heat. Add onions and cook until fragrant and translucent, 5 minutes, stirring frequently to prevent burning.
- Stir in celeriac, turnips, carrots, and parsnips. Sprinkle the vegetables with salt, cover the pot, and sauté for 6 to 8 minutes, stirring occasionally.
- Stir in lentils, chicken stock, chili pepper, bay leaf and thyme. Simmer, uncovered, for 30 to 35 minutes until lentils are tender. Remove and discard the chili pepper, thyme and bay leaves.
- Turn off the heat, and stir in the greens. Cover and allow the greens to wilt in the residual heat of the lentils for about 5 minutes.
- Taste to adjust salt.
- Serve with a drizzle of olive oil.