

RED LENTIL STEW

- 1 cups of red lentils
- 1 cup of Chopped Sweet Potatoes
- 3 cloves of garlic(smashed and chopped)
- 1 cup of water
- ½ cup of Tomato Sauce
- 1 tsp of Tumeric
- 1 tsp Cumin
- 1 tsp Paprika
- Fresh Parsley or Cilantro to Garnish
- Toasted Sesame Oil
- Salt & pepper to taste

Heat Oil in a pot, then add the garlic and allow to cook until fragrant; about 2 min. Then add the chopped Sweet Potato, a pinch of Salt & Pepper, and Stir. Next pour the red lentils and the water. Gently stir. Then add the spices & herbs. Season with another pinch of salt & pepper and add the tomato sauce. Bring to a boil. Once it is boiling, turn down to a low heat, cover it, and allow it to cook until most of the water is absorbed. At this point, you can remove the lid and continue to cook until the rest of the water absorbed.