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Simply Seasonal

Rustic Lentil & Turnip Stew

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Rustic Lentil & Turnip Stew

Ingredients

1 ½ T. olive oil
1 large onion*, diced
3 cloves garlic*, minced
1 bunch turnips*, diced (re-
serve greens)
1 large potato*, diced (about
1 1/4 c.)
1 t. dried thyme
1 t. dried oregano
1/4 t. crushed red pepper
flakes
1 1/2 c brown lentils*
1 bay leaf
6-8 cups stock or water
salt + pepper to taste
Fresh parsley for garnish*
*can be found locally

Directions

1. In a large pot heat olive oil over medi-
um heat. Add onion and sauté 5 minutes.
Stir in garlic, turnips, potato, and herbs.
Cook 2 minutes, until fragrant.
2. Add lentils, bay leaf and 6 cups vege-
table stock. Bring to a boil. Reduce heat
and simmer for 30 minutes, adding more
stock (or water) if need be.
3. Stir in turnip greens and season to
taste with salt and pepper.
4. Ladle soup between bowls and top
with minced parsley.