

Curried Lentils and Tomatoes
Adapted from Ina Garten

Serves 6-8

2 tsp olive oil
2 large-diced onions
4 large-diced carrots
1 cup lentils
2 cups chicken stock
1 28 oz can of whole tomatoes
2 t curry powder
2 t salt
2 t freshly grown pepper
2 T fresh-chopped parsley
2 t good red wine vinegar

Heat the olive oil over medium-low heat. Add the carrots and onions and cook until softened, about 8-10 minutes. Rinse the lentils, picking out stones or bad pieces. Either run the tomatoes through a food mill or (as I do) cut them with kitchen scissors in the can. Next add the lentils, chicken stock, tomatoes in their juice, curry powder, and the salt and pepper. Turn up the heat and bring to a boil. Then, reduce the heat to low and simmer for 40 minutes. Most of the liquid should be evaporated. Remove the pan from the heat and stir in the parsley. Allow lentils to sit 10 minutes. Before serving, stir in the red wine vinegar.