

Lovely Lentils (Can be Dish or Soup)

Ingredients

- 1 red or brown onion, diced
- 1 Leek (finely sliced)
- 2 cloves garlic
- 1 tablespoon tasteless coconut oil
- 2 rashers bacon, fat/rind removed, diced
- 1 red chilli thinly sliced
- 2 stalks celery, diced
- 2 carrots, diced



Place these ingredients into pot over med high heat for 3-5 mins, stirring intermittently to soften veg and lightly brown bacon as you prepare next lot of vegies.

Then add:

- 1 cup Lentils
 - 1 tablespoon tumeric paste (optional)
- Stir into veg mix for minute or two on low heat, coating lentils, blending in tumeric paste.

Next add:

- 2 litres vegetable or chicken stock (1 – 1.5 litres for dish, 2 litres for soup)
- 1/2 litre filtered (warm/hot) water (omit if not wanting a soup)
- 2 med zucchini, diced
- Small or ½ Bunch spinach/kale/silverbeet, shredded
- 1/2 tin crushed tomatoes
- Meat from one precooked chicken, roughly shredded by hand
- Generous pinch cracked black pepper, Bay leaf and Himalayan salt, to taste

Stir and allow to simmer until lentils are soft and vegies are cooked, about 45mins to an hour. Season to taste, remove Bay Leaf after cooking, and serve.

