

Reminder

We will be **CLOSED**
Monday, January 19th
in observance of
Martin Luther King Jr. Day.

No Pick-up

Wed, January 21st: 8am-1pm
Thurs, January 22nd: 8am- 10am



One-Pot Spiced Lentils

DIRECTIONS

INGREDIENTS (4-6 servings)

- 2 tablespoons olive oil
- 3 medium carrots, peeled and cut into 1/2-inch pieces
- 1 tablespoon kosher salt, divided, or to taste
- 3/4 teaspoon ground black pepper
- 2 cups dry lentils
- 1 (14-ounce) can diced tomatoes in tomato juice
- 4 cups water
- 1 tablespoon ground cumin, optional
- Chopped fresh parsley, optional

1. Sauté the carrots:

Heat the oil in a large saucepan over medium-high heat. When the oil is shimmering, add the carrots, 1 teaspoon salt, and black pepper. Shake the pan every 30 seconds or so to keep the carrots moving.

2. Add the lentils:

After 4 minutes, the carrots should have some nice browning at the edges. Add the lentils and stir to coat them with oil.

3. Add the tomatoes, water, and cumin:

Add the tomatoes and water. Swish some of the water around in the tomato can, which will help you get all the tomato goodness into the pot. Add the cumin (optional) and the remaining 2 teaspoons of the salt (or to taste) to the pan and stir.

4. Cook the lentils and serve:

Cover the pan, bring the lentils to a boil, then reduce the heat to medium-low and let simmer for 50 to 60 minutes or until the lentils are tender, stirring them every 10 minutes. If the lentils get very thick before they're fully cooked, add a little more water. Season to taste, and serve garnished with finely chopped parsley, if using.

**Happy
NEW
Year**