

KALE AND LENTIL STEW

A hearty, vegetarian stew!

by Corporate Chef Kurt Kwiatkowski

Featured Food: kale

Yield: Serves 8-10

Ingredients

1 lb. French green lentils, sorted and rinsed	6 c. vegetable broth
3 T. olive oil	1-14 oz. can diced tomatoes
3 c. diced yellow onions	2 t. ground cumin
3 c. medium diced celery	1 small bunch Tuscan kale, center ribs and stems removed, leaves coarsely chopped
3 c. medium diced carrots	1 T. minced thyme
1 T. minced garlic	Salt and pepper to taste
3 T. tomato paste	Freshly grated pecorino Romano cheese
8 oz. beer (I prefer a nice hoppy IPA type beer)	

Preparation

Place lentils in a large bowl; add boiling water to cover. Allow to sit for 15 minutes; drain.

Meanwhile in a large stockpot over medium heat, heat olive oil and sauté onions, celery, and carrots for 10 minutes. Add garlic and sauté for one minute. Add tomato paste and sauté for another minute.

Deglaze pot with beer. Stir in broth, tomatoes and cumin. Bring to a boil, add the lentils then reduce heat to low and let simmer for 10 minutes, add kale and continue simmering until kale is tender and lentils are cooked through, about 20 minutes.

Add thyme, taste stew and adjust seasoning as needed with salt and pepper. Garnish with freshly grated cheese and serve.