Slow Cooker Mediterranean Lentil Stew

Jacob · 30/09/2024



Prep Time

3 hrs 30 mins

Dificult

Medium

Servings

10

Description

This lentil stew is an excellent slow cooker recipe Just mix the ingredients and let them cook Delicious Spiced with cumin and coriander and flavored with tomato paste this veggiefilled lentil stew will keep you warm for winter and all year round Good with a loaf of freshly baked rustic bread and its vegetarian and vegan friendly Serve with a piece of bread for dipping

Ingredients

- - 5 cups water - 2 ½ cubes vegetable bouillon
- or more to taste - 2 cups dry lentils - 5 small carrots
- peeled and diced - 2 medium potatoes
- peeled and diced - 3 teaspoons ground cumin
- or to taste - 1 teaspoon ground coriander - 1 tablespoon olive oil - 1 small onion
- diced - 4 cloves garlic
- minced - ½ (6 ounce) can tomato paste
- or to taste - ½ teaspoon sea salt
- or to taste - ½ teaspoon freshly ground black pepper
- or to taste - ½ (8 ounce) package fresh spinach
- torn

Instructions

1. Warm water and vegetable bouillon in a slow cooker on High until dissolved. Add lentils
2. carrots
3. and potatoes. Heat a medium saucepan over medium heat. Add cumin and coriander and cook and stir until fragrant
4. about 20 seconds. Add olive oil
5. followed by onion. Cook
6. stirring occasionally
7. 2 to 3 minutes. Add garlic and sauté for 30 seconds. Remove from heat and transfer to the slow cooker. Stir in tomato paste
8. salt
9. and pepper. Stir in spinach. Cook on High
10. stirring every 30 minutes
11. until lentils are tender and stew has thickened
12. 3 to 4 hours. Cook’s Note You can use 5 cups of pre-made vegetable broth instead of water and bouillon.Add more liquid if it's too thick for you. It's so flavorful that adding water won't affect it much. But only add an extra cup or so
13. no more.You can follow these directions using a large pot and cooking on your stove over low heat for several hours instead of using a slow cooker.