



FRENCH LENTIL STEW WITH BACON, HERBS & SHERRY VINEGAR

Serves 6-8

Ingredients

1 ¾ cups	Green Lentils, rinsed
2 ½ cups	Vegetable or Chicken Stock
3 cups	Water
1 Tbsp	Tomato Paste
3-4 strips	Bacon, cut into ¼ inch sticks
1 medium	Red Onion, small diced
1 large	Carrot, small diced
1 large	Celery Rib, small diced
1-2 Tbsp	Fresh Thyme, minced
2 Tbsp	Sherry Vinegar
2-3 cloves	Garlic, minced
¼ cup	Parsley, minced
To taste	Salt & Pepper

Equipment

- Chef's knife
- Large saucepan
- Large sauté pan
- Spatula

Directions

1. Place the lentils, stock, water, tomato paste, & a little salt & pepper into a saucepot over high heat. Bring to a simmer, stirring occasionally, cook for about 20-30 minutes until tender.
2. Heat the bacon in a large sauté pan over med-low to medium heat. Cook, stirring occasionally, for about 8-10 minutes until most of the fat has rendered off. Remove the bacon pieces from the pan with a slotted spoon, reserving the fat in the pan.
3. Increase the heat to high. Add in the onion, carrot, celery, thyme, & some salt & pepper. Sauté for about 6-8 minutes until the veggies are starting to brown. Reduce the heat to low & stir in the lentils, vinegar & garlic. Remove from the heat, stir in the parsley, & season with salt & pepper.