

MUSHROOM LENTIL STEW

Makes 4 Serves

Per Serve

Calories 238 Protein 12g, Fat 8g, Carbohydrate 25g, Fibre 8g

INGREDIENTS

1 onion, finely diced

2 tbsp olive oil

Pinch salt

500 g of mixed mushrooms, consider including some dried for extra flavour

3 large cloves garlic, finely chopped

2 tbsp tomato paste

500ml vegetable stock or miso

2x tins of brown lentils

1 tsp dried thyme

2 tsp Vegemite

1 tsp if balsamic or red wine vinegar

3/4 cup of water

DIRECTIONS

Recipe:

1. Saute the onion in olive oil in a large saucepan for around 15mins
2. Meanwhile, fry the mushrooms in batches until golden (each time with a pinch of salt and drizzle of olive oil or butter) and add them to the onions
3. Add the garlic & thyme and saute fry for 2 mins
4. Add the tomato paste, vinegar water and reduce by half
5. Add the lentils, stock & Vegemite and simmer for approximately 30 minutes, alternatively finish cooking in the stove in a covered pan

Serve with some grated Parmesan over cauliflower or potato mash