

Jacob's Lentil Stew

Historical recipe for Jacob's Lentil Stew and background on ancient Israelite food and cooking. Torah, Biblical cooking, Israel, Neot Kedumim



COURSE: Soup

Kosher Key: Parve or Meat

Servings: 6 servings

Prep Time: 10minutes minutes

Cook Time: 2hours hours

Total Time: 2hours hours 10minutes minutes

Ingredients

1/2 cup fresh chopped cilantro (coriander), divided
3 carrots
3 celery stalks, including leaves
2 tablespoons extra virgin olive oil
1 large onion, diced
1 clove garlic, crushed
2 cups dry red lentils
1/4 cup pearl barley (omit to make gluten free)
2 quarts chicken stock (or use vegetable stock to make vegan)
1 1/2 teaspoons cumin
1 teaspoon hyssop or parsley

1/2 teaspoon sumac (optional)
1 bay leaf
Salt and pepper to taste

Instructions

Roughly chop the cilantro. Scrub the carrots, then cut them into chunks (do not peel). Cut celery into chunks, including leaves. Reserve.

Chopping carrots on a cutting board.

In a medium sized soup pot, heat olive oil over medium heat. Add diced onion and saute till translucent.

Diced onions in a stockpot.

Add garlic, carrot chunks, and celery. Continue to saute till onion turns golden and ingredients begin to caramelize. Add red lentils and barley to the pot, stir. Cover mixture with 2 qts. of broth and bring to a boil. Reduce heat to a simmer. Add 1/4 cup of the fresh

cilantro to the pot along with the cumin, hyssop or parsley, sumac (optional) and bay leaf; stir.

Broth and vegetables simmering in a stockpot.

Cover the pot and let the stew simmer slowly for 1 1/2 to 2 hours, stirring every 30 minutes, until barley is tender and the stew is thickened. Garnish soup with remaining cilantro.

Broth and vegetables simmering in a stockpot.

Gluten Free Modification: Omit the barley for a more soup-like texture, or substitute 1/4 cup brown rice for the barley. Rice is not a Biblical-era grain, but it makes a delicious substitute for those struggling with Celiac or gluten intolerance.

An image of a Lentil stew in a white bowl paired with a slice of crusty bread on the side.

Nutrition

Nutrition Facts

Jacob's Lentil Stew

Amount Per Serving

Calories 358Calories from Fat 63

% Daily Value*

Fat 7g11%

Saturated Fat 1g6%

Sodium 138mg6%

Potassium 1059mg30%

Carbohydrates 51g17%

Fiber 21g88%

Sugar 4g4%

Protein 23g46%

Vitamin A 5300IU106%

Vitamin C 6.9mg8%

Calcium 76mg8%

Iron 5.9mg33%

* Percent Daily Values are based on a 2000 calorie diet.