

Red Lentil and Carrot Stew

Source: originally called Red Lentil Surprise . www.drismcdougall.com

Serving: 8

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Ingredients

$\frac{1}{2}$ cup **water**

1 **onion** *chopped*

1 **bell pepper** *chopped*

$\frac{1}{2}$ tsp **garlic** *minced*

32 ounces **vegetable broth**

15 ounce can **tomato sauce**

2 cups **red lentils** *or French green lentils*

1 **carrot** *grated*

2 tbsp **soy sauce**

2 tbsp **parsley flakes**

1 **bay leaf**

$\frac{1}{2}$ tsp **basil**

$\frac{1}{4}$ tsp **smoked paprika**

7 ounces **baked tofu** *sliced*

Directions

Place the water in a large saucepan. Add the onion, bell pepper and garlic. Cook, stirring occasionally for 5 minutes, until vegetables soften slightly. Add remaining ingredients, except for the tofu. Bring to a boil. Reduce heat and simmer uncovered for 30 minutes, stirring occasionally. Add tofu, stir gently and heat for about 2-3 minutes.

Serve over whole grain toast or rolls.

Hints: This may also be made without the tofu and it is still delicious.

We like this with some fresh chopped spinach added at the end of the cooking time, either with or without the tofu.

This is also delicious served over rice or potatoes. It reheats well so it is great as a leftover!