

Herbal Legacy Recipes

Lisa's Lovely Lentil Stew

From Eat to Live by Joel Fuhrman M.D.

INGREDIENTS:

- 1 cup lentils (one cup lentils for every 3 cups of water)
- 3 cups water
- 1/2 medium onion, finely chopped
- 1 teaspoon black pepper
- 1 teaspoon basil
- 3 tomatoes, chopped
- 1 stalk celery, finely chopped



DIRECTIONS:

Cook lentils in water for 30 minutes with onion, pepper, and basil.
Add tomatoes and celery and cook for an additional 15 minutes.

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