

Lentils Cacciatore

Time 40 minutes

Based on a recipe by Ali Slagle

Ingredients (4 servings)

2 tbsp olive oil
4 large carrots, peeled and cut into 1/4 inch pieces
1 bell pepper, thinly sliced lengthwise
1/2 cup capers, drained
3 tbsp tomato paste
5 garlic cloves, thinly sliced
1.5 tsp fresh rosemary
2 tbsp red wine vinegar
1 can crushed or diced tomatoes
3/4 cup red lentils
Salt and pepper



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. In a large pot or dutch oven, heat oil over medium-high. Add carrots and bell pepper, season with salt and pepper, and cook until just softened, approximately 3 minutes
2. Add the capers, tomato paste, rosemary, and vinegar stir to mix, add garlic slices and cook stirring occasionally for 2-3 minutes.
3. Add the tomatoes, red lentils, and 2 1/2 cups water. Bring to boil, partly cover, then reduce to heat and simmer until the lentils start to break down, about 20-25 minutes. Stir vigorously from time to time and scrape any lentils from the bottom of the pot. Season with salt and pepper.
4. Divide among four bowls and enjoy!