

# Vegetarian Layered Lentil Stew Gluten Free



**Chef Joy Jones**  
**Made for you by Madeleine**

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Serves 4 to 6

## Stewed Lentils and Vegetables

1	small onion, finely diced	2 cups	raw spinach or kale, chopped and packed
1	medium carrot, finely diced	2 tbsp	fresh ginger, peeled and chopped
1	green chili, finely diced	1 cup	dried yellow lentils
3 tbsp	olive oil	4 cups	water
1 tsp	mustard seed		
1 tsp	cumin seed		

## Whole Grain Base

1 cup	raw brown rice
1 cup	raw millet
5 cups	water

## Herbed Yogurt Dressing

1 cup	2% MF plain yogurt
¼ cup	fresh cilantro, finely minced
¼ cup	fresh dill, finely minced

## Contact:

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## Fresh Salad Garnish

8 large red radishes, julienned  
1 tbsp lemon juice  
fresh arugula

1. Using a large skillet sauté onion, carrot, and chili in olive oil.
2. Add mustard seed and cumin seed and lightly brown for 30 seconds.
3. Add spinach or kale and ginger.
4. Add yellow lentils and 4 cups of water. Simmer and stir occasionally. Cook until water is absorbed and lentils are tender. Add more water as required. Once cooked set aside.
5. While lentils are cooking, add brown rice and 2 ½ cups of water to a small saucepan and simmer for 25 minutes or until tender. Add millet and 2 ½ cups of water to another small saucepan and simmer for 25 minutes or until tender.
7. Once cooked, drain brown rice and millet, combine and set aside.
8. Combine yogurt, cilantro and dill. Set aside.
9. Toss radishes and lemon juice. Set aside.
10. Assemble all layers in large individual bowls. Place a layer of brown rice and millet mixture on the bottom of the bowl. Add a layer of stewed lentils. Add herbed yogurt dressing. Garnish with the radish and fresh arugula.

Optional: Garnish with more chopped chilies, ginger, cilantro or dill.

