



Vegetable and Lentil Stew

Ingredient	10 Portions	50 Portions	100 Portions
Dried red lentils – washed	150g	750g	1.5 kg
Sweet potato – peeled and diced	300g	1.5 kg	3 kg
Carrot – Peeled and diced	300g	1.5 kg	3 kg
Chopped tomato	500g	2.5kg	5 kg
Tomato puree	dash	1 tsp	1 tbsp
Onion – diced	200g	1 kg	2 kg
Garlic – diced	1 clove	0.5 bulb	1 bulb
Celery – diced	300g	1.5kg	3 kg
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste
Olive oil	For frying	For frying	For frying
Mixed herbs	pinch	1 tbsp	2 tbsp
Gravy Powder	To thicken slightly	To thicken slightly	To thicken slightly

Method

1. In a heavy bottomed pan add enough oil for frying and heat
2. Add onion, garlic and dried herbs and cook for 5 minutes
3. Add carrot, sweet potato and celery, season with salt and pepper, cook for 10 minutes
4. Add tomato puree and stir well
5. Add chopped tomatoes
6. Bring to simmer and cook for 20 minutes
7. Wash the lentils in cold water
8. Add to the stew and cook for 30 minutes until lentils and vegetables are tender and well cooked
9. Lentils absorb water so add more water if necessary
10. Following the manufacturer's instructions add a little gravy mix to thicken and darken the sauce slightly

Allergens Celery