



Cumin Lentil Barley Stew

Ingredients

2 tbsp olive oil
1 large onion, chopped
2 carrots, peeled and sliced
2 zucchini sliced
1 tsp salt
2 cloves garlic, minced
2 tsp cumin
1/2 tsp coriander
1 14 oz can diced tomatoes
8 cups chicken or vegetable stock
1 cup lentils, rinsed and picked over
1 cup barley, rinsed and picked over
1 bunch spinach
Salt and pepper to taste

Directions

Heat oil over medium heat in a large stockpot until simmering.

Add onion, carrots, zucchini and salt and cook until tender, about 7 minutes.

Add garlic, cumin and coriander and stir until fragrant, about 30 seconds.

Stir in tomatoes, stock, lentils and barley. Bring just to a boil. Cover and reduce heat to low.

Simmer until lentils and barley are tender, about 40 minutes.

Stir in spinach and heat through.

Season with salt and pepper.