

Jacob's Lentil Stew

Yield: 6 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-red-lentil-soup-recipe-sumac>

Ingredients:

- 1/2 cup chopped cilantro fresh, coriander, divided
- 3 carrots
- 3 celery stalks including leaves
- 2 tablespoons extra-virgin olive oil
- 1 onion large, diced
- 1 clove garlic crushed
- 2 cups red lentils
- 1/4 cup pearl barley
- 2 quarts vegetable stock
- 1 1/2 teaspoons cumin
- 1 teaspoon hyssop or parsley
- 1/2 teaspoon sumac optional
- 1 bay leaf
- salt
- pepper

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 55 grams
3. Fat: 5 grams
4. Fiber: 23 grams
5. Protein: 18 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1420 milligrams
8. Sugar: 7 grams

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