



BELUGA LENTIL SPINACH STEW



Ingredients

450g lean ground pork,
ground turkey - or substitute
1 cup meat alternative

1 ½ cups (300g) spinach,
chopped, fresh or frozen

1 cup black beluga lentils

2 cups broth,
vegetable or beef

2 cups filtered water

1 cup red wine
(Merlot or Pinot Noir)

2 tbsp oil

1 cup onion, diced

3-4 tbsp minced garlic
(approx. 4 cloves)

¼ cup tomato paste or puree

1 tbsp soy sauce

1 tbsp honey (or brown
sugar, or maple syrup)

1 tsp anchovy paste
(or miso paste)

1 tsp dried parsley

½ tsp black pepper

salt to taste

¼ cup fresh Italian parsley,
chopped, for garnish



Instructions

Servings
4-6

Prep Time
10 mins

Cook Time
35 mins

Total Time
45 mins

1. Dice the onion and mince the garlic, then set aside.
2. Defrost the chopped spinach (if using frozen) - or wash and chop the fresh spinach (if using fresh), then set aside.
3. Add the oil to a large pot over medium-high heat. Once heated, add the ground meat, and cook for 5-10 minutes, until browned. Stir occasionally to avoid burning.
4. Add the onion, garlic, parsley, and pepper. Cook for another 2 minutes.
5. Add the beluga lentils - don't wash them if you wish to retain the black colour in the stew.
6. Pour in 1 cup of broth to deglaze the pot, scraping up any browned bits from the bottom. Add the remaining broth, filtered water, wine, soy sauce, tomato paste, honey, and anchovy / miso paste.
7. Bring the stew to a simmer. Reduce the heat to medium-low, cover, and simmer for 15 minutes.
8. Add the chopped spinach, then continue to simmer the stew for another 5 minutes, or until the lentils are soft.
9. Adjust the seasoning with salt if needed.
10. Serve the stew hot, garnished with freshly chopped Italian parsley.