

# TASTE OF THE WORLD

INTERNATIONAL  
*recipes*



## MOROCCAN LENTILS

YIELD: 8 SERVINGS

This Moroccan dish can be served as a side dish or an entrée. The traditional treatment for this legume is to stew them until they are tender and flavorful. This protein packed meal is vegetarian, but adding meat is an option.



## INGREDIENTS

- 2 cups water*
- 1 cup green lentils*
- 3 cloves garlic*
- ½ yellow onion*
- 1 whole red bell pepper*
- 2 Tbsp tomato paste*
- 2 Tbsp brown sugar*
- ½ tsp salt*
- 1 Tbsp paprika*
- 1 tsp cumin*
- ½ tsp coriander, ground*
- 1 tsp ginger, ground*
- ½ tsp turmeric, ground*
- ½ tsp cayenne pepper*
- 1 ½ Tbsp apple cider vinegar*
- ¾ cup fresh parsley, chopped*

## DIRECTIONS

1. Boil 2 cups of water in a medium sized pot.
2. Once water has reached a boil, pour in 1 cup green lentils. Bring back to a boil, then reduce heat to low and simmer covered for 20 minutes, or until lentils are soft and most of the water has been absorbed.
3. In the meantime, in a food processor or small blender, add garlic, onion or shallot, bell pepper, tomato paste, brown sugar, salt, paprika, cumin, coriander, ginger, turmeric, cayenne pepper, and apple cider vinegar. Mix to thoroughly combine.
4. Taste and adjust flavor as needed, adding more tomato paste for depth of flavor, spices for more overall flavor (especially coriander and paprika), cayenne for heat, brown sugar for sweetness, apple cider vinegar for acidity, or salt for saltiness. Set aside.
5. Once the lentils have cooked, drain off any excess liquid and then add spice mixture and parsley or cilantro and mix well to combine.
6. Enjoy immediately.