



Spicy Spanish Lentil Stew for Power and Endurance

This is a classic Spanish stew but a bit more spicy and great for all year round. They offer two main advantages for athletes: Improved endurance due to their low glycaemic index. Improved muscle power due to their high protein content.

Serves: 4, Prep time: 00:10, Cook time: 00:45

Instructions

1. Heat a large deep fry pan or a stock pot with a medium heat and add in 2 tbsp extra virgin olive oil
2. After 2 minutes add in 1/2 onion finely diced, 1/2 green & 1/2 red bell pepper finely chopped and 4 cloves garlic roughly minced, mix with the olive oil
3. Once all the vegetables are lightly sauteed, about 5 minutes, add in 1 tsp sweet smoked paprika, quickly mix together, then add in 1/2 cup tomato sauce, raise the heat to a medium-high and simmer
4. Meanwhile, measure out 1 cup of uncooked brown lentils, add them into a sieve and rinse under cold

Ingredients

- 2 tablespoon Oil, olive, Extra Virgin
- 1/2 Onion, Finely diced
- 1/2 Green pepper , Finely chopped
- 4 Garlic, cloves, Minced
- 1 teaspoon Paprika, Smoked
- 1/2 cups Sauce, tomato, or tomato's grated
- 1 cups Brown lentils, Uncooked
- 2 Potato (small), cut into small pieces
- 1 Carrot, thinly sliced
- 5 cups Vegetable stock
- 1 Bay leaf
- 1 pinch or to taste Black pep

running water, removing any debris if found

5. After simmering the tomato sauce for 3 minutes and it has really thickened up, add in the rinsed lentils, 2 small potatoes that have been cut into small 1/2 inch (1.25 cm) pieces, 1 carrot that's been thinly sliced and season with black pepper, mix together, then add in 5 cups vegetable broth and 1 bay leaf, mix together and bring to a boil, then place a lid on the pan and lower the heat to a low heat, simmer for 30 to 35 minutes or until the lentils are fully cooked through, then remove the lid, season with sea salt and simmer for 1 to 2 more minutes
6. Transfer the lentil stew into shallow bowls and sprinkle with finely chopped parsley, enjoy!

Notes:

We served with turkey garlic "croutons" to add to the protein and also make it more hearty. Email me for the recipe.

We also add in fresh red chilis from the garden, more garlic, celery, some mushrooms and any veg that needs using up.