



## Red Lentil Stew

with Crispy Lime Tortilla Strips

 30-40min  4 Servings

Hearty lentils are both good for you and tasty! We use red lentils for this Tex-Mex inspired vegetarian dish that brings some next level flavor. The lentils are cooked with red onions, roasted red peppers, tomato paste, and fresh cilantro. We top the stew with crisp, flaky flour tortilla strips tossed with lime zest and salt for an added layer of flavor and texture. Cook, relax, and enjoy!

## What we send

- canned tomato paste
- ground cumin
- roasted red peppers
- garlic
- red onion
- cilantro
- red lentils
- lime

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large pot
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 480.0kcal, Fat 11.0g, Proteins 26.0g, Carbs 71.0g



### 1. Prep ingredients

Preheat oven to 350°F with a rack in the lower third. Finely chop **cilantro leaves** and **stems**. Peel and finely chop **1¾ cup onion**. Roughly chop **roasted peppers**. Zest **1 lime** and squeeze **4 teaspoons juice**, keeping separate. Cut **2nd lime** into quarters. Peel **3 large garlic cloves**; finely chop **2 teaspoon garlic**, cut **3rd clove** in half.



### 4. Bake tortillas

Rub one side of each **tortilla** with the **halved garlic**. Brush the tortillas all over with **2 teaspoons oil**; sprinkle with **lime zest** and **¼ teaspoon salt**. Stack tortillas and cut into ¼-inch thick strips. Transfer tortilla strips on a foil lined rimmed baking sheet. Bake, stirring occasionally, until golden and crisp all over, 15–20 minutes.



### 2. Sauté aromatics

Heat **1 tablespoon oil** in a large pot over medium-high. Add **all but ¼ cup onion** (reserve remaining onion for step 6) and **chopped garlic** and cook until fragrant, about 1 minute.



### 5. Make lime crema

In a small bowl combine **sour cream**, **⅛ teaspoon salt**, and **4 teaspoons lime juice**.



### 3. Build stew

To the pot with onions and garlic, add **lentils**, **3 tablespoons of the tomato paste** (save rest for own use), **roasted peppers** and **3 teaspoons cumin**, **6½ cups water**, **half of the cilantro**, **1 teaspoon salt**, and **a few grinds pepper**. Bring to a boil. Reduce heat to medium-low, and simmer until lentils are tender, about 20 minutes.



### 6. Serve

Spoon **red lentil stew** into bowls. Top with the **crema**, **reserved ¼ cup onion**, **remaining cilantro**, and **tortilla strips**. Serve **remaining lime wedges** on the side for squeezing over. Enjoy!