



AS SEEN ON

MARTHA STEWART'S
COOKING SCHOOL

Arabian Gulf Edition

Red Lentil Vegetable Stew

with Herb Yogurt



20-30min



4 Servings

This colorful stew is a recipe adapted from the new season of Martha Stewart's Cooking School on PBS, which highlights the varied cuisine of the Arabian Gulf. Treasures from the region are traditionally slow-cooked, but our rendition comes together in only 30 minutes and offers nourishment with ease. Red lentils create a creamy base for this hearty stew full of kale, butternut squash, and chick...

What we send

- fresh thyme
- packets vegetable broth concentrate
- cloves garlic
- curly kale
- red lentils
- sweet onion
- can chickpeas
- turmeric
- cubed butternut squash

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

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 455.0kcal, Fat 13.3g, Proteins 24.3g, Carbs 49.7g



1. Prep ingredients

Cut **onion** in half, peel then chop. Finely chop **garlic**. Pick **thyme leaves** from stems and chop. Cut any **large squash cubes** into 1-inch pieces. Rinse **lentils**. Drain and rinse **chickpeas**. Remove stems and ribs from **kale** and chop the leaves.



4. Finish stew

Stir in **chickpeas, kale**, and ½ teaspoon **salt**, and simmer until kale is tender, 6–8 minutes.



2. Cook onion

Heat 3 tablespoons **oil** in a large Dutch oven or pot over medium. Add **onion** and cook, stirring occasionally, until softened, about 5 minutes.



5. Make yogurt

Stir together **yogurt** and **remaining thyme**. Season to taste with **salt** and **pepper**.



3. Build stew

Stir in **garlic, ¾ of the thyme, squash, turmeric, lentils, ½ teaspoon salt, vegetable broth packets**, and 5 cups **water**. Bring to a simmer and cook until squash is just tender, 8–10 minutes.



6. Serve

Season **stew** to taste with **salt** and **pepper** and divide among bowls. Serve stew with a dollop of **yogurt**. Enjoy!