

## **Smokey lentil and tomato stew with mushrooms**

A warming, healthy vegan supper!

### **Ingredients**

1 cup Puy lentils  
1 tbsp olive oil  
1 red onion, chopped  
1 tsp dried herbs  
1/2 tsp ground cinnamon  
1/2 tsp sweet smoked paprika  
1 garlic clove, finely sliced  
400g tin chopped tomatoes  
1/2 cup pitted black olives  
Salt and pepper to taste

### *Garnish*

1 large red onion, finely sliced  
250g mushrooms, sliced  
1 tbsp olive oil  
Balsamic vinegar and soy sauce  
Small bunch parsley

### **Method**

Cook lentils as instructed on packet, drain and leave until required.

Heat oil in sauté pan, cook onions until soft and translucent. Add garlic, herbs and spices, cook for a further minute. Add tomatoes and olives and simmer for 10 minutes. Add lentils to heat through and season to taste.

### *Garnish*

Sauté onion until soft and caramelised, add mushrooms and continue to sauté for a further 1-2 minutes. Add a splash of balsamic vinegar and soy sauce to coat onions and mushrooms.

Divide stew into serving bowls, spoon over garnish and sprinkle with chopped parsley.

Serve with toasted sourdough - delicious!

*(Adapted from "Hungry for more crazy good vegan food" by Anthea Amore)*