

# Mexican Red Lentil Stew with Lime and Cilantro

Adapted from *Kalyn's Kitchen*, 2016



Red  
Lentil  
Mexican  
Stew

- 1 cup red lentils, or regular brown
- 2 cups water
- 1 tablespoon olive oil
- 1 large onion, finely chopped
- 1 1/2 cups celery, chopped
- 1 tablespoon minced garlic
- 1/2 teaspoon ground turmeric
- 2 teaspoons ground cumin
- 1 teaspoon chile powder
- 14 1/2 ounces diced tomatoes, canned, including juice
- 2 cups carnitas (optional) shredded
- 2 cups vegetable broth, or chicken broth
- 1 teaspoon green Tabasco sauce (or other hot sauce of your choice. Green Tabasco is fairly mild, so you may want less if you use a stronger hot sauce.)
- salt and fresh ground black pepper to taste
- 1/4 cup lime juice (2-3 limes or less if you're not that into lime) and do use fresh limes
- 1/2 cup chopped fresh cilantro (1/2 to 1)
- Optional: cut limes and sour cream or vegan sour cream substitute for serving the soup

*Per Serving (excluding unknown items): 262 Calories; 5g Fat (17.3% calories from fat); 15g Protein; 42g Carbohydrate; 15g Dietary Fiber; 1mg Cholesterol; 710mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 5

*(Makes 4-6 servings, but this freezes well and can easily be doubled. Kalyn said the recipe was adapted from Mexican Lentil Stew at Budget Bytes and Spicy Red Lentil and Tomato Soup at Andrea Meyers.)*

1. Place red lentils in a small pot, rinse and drain if needed, then add water. Bring to a boil, turn off heat and cover. Let lentils sit in the hot water 30 minutes.
2. While lentils are steeping in the water, finely chop onions and celery and mince garlic. Heat olive oil in heavy soup pot, add onion and celery and saute for 3-4 minutes, just long enough that vegetables are starting to soften. Add garlic and cook a few minutes more. Add ground turmeric, ground cumin, and chile powder, stir, and cook 1-2 minutes more.
3. Add diced roasted tomatoes, vegetable broth, and hot sauce. Add lentils after they have soaked for 30 minutes (including any water in the pot with them), then let soup simmer for 15-25 minutes (keep checking so the lentils don't dissolve - don't overcook).
4. While soup cooks, wash, dry and finely chop 1/2 - 1 cup fresh cilantro and squeeze limes to get enough fresh lime juice. When the lentils are softened as much as you'd like, stir in chopped cilantro and lime juice and cook 5 minutes more. Add in cooked carnitas, if you're using that ingredient. Add more water if the mixture simmers enough that it evaporates all the water.
5. Serve hot, with additional cut limes to squeeze into the soup. Can top with sour cream or vegan substitute if desired.