



Lentil Stew

Ingredients:

- 1 cup dried lentils (or 2 cups canned lentils, drained and rinsed)
- 1 small onion, chopped
- 2 carrots, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander (optional)
- 1/2 teaspoon salt (adjust to taste)
- 1/4 teaspoon black pepper
- 1/2 teaspoon paprika (optional)
- 4 cups vegetable broth (or water for a more rustic version)
- 2 tablespoons olive oil
- 1 tablespoon tomato paste (optional, adds richness)

Serves up to 4

*But he answered, "It is written, 'Man shall not live by bread alone, but by every word that proceeds out of God's mouth."
(Matthew 4:4)*



Please be mindful of any food allergies or dietary restrictions when preparing, eating, or serving this recipe, as it may contain ingredients that are not suitable for everyone.

Directions:



Step 1: Prepare the Lentils

- If using dried lentils, rinse them thoroughly under cold water to remove dust or debris. No soaking is required, but rinsing is essential.
- If using canned lentils, drain and rinse them under cold water to remove excess salt. Reduce the simmering time since canned lentils are already cooked.

Step 2: Sauté the Vegetables

- Heat olive oil in a pot over medium heat.
- Add the chopped onions and carrots, cooking until the onions turn soft and translucent (about 5 minutes).
- Stir in the minced garlic and cook for another minute until fragrant.

Step 3: Add Seasonings and Broth

- Stir in cumin, coriander, salt, pepper, and paprika (if using).
- Let the spices toast for 30 seconds to release their flavors.
- Add the tomato paste (if using) and mix well.

Step 4: Cook the Lentils

- Add the dried lentils (or canned lentils if using) and pour in the vegetable broth.
- Bring to a boil, then reduce heat and let simmer uncovered for 25-30 minutes (if using dried lentils) or 10-15 minutes (if using canned lentils), stirring occasionally.

Directions, cont'd:



Step 6: Check Texture & Adjust Seasoning

- If the stew gets too thick, add a little more broth or water.
- Taste and adjust seasoning as needed.

Step 7: Garnish & Serve

- Serve hot, garnished with fresh parsley, cilantro, or chopped green onions.
- For extra richness, drizzle with olive oil or a squeeze of lemon juice.
- Serve with flatbread or whole wheat bread for an authentic, biblical touch.

Serving Suggestions

This lentil stew is a hearty, rustic dish that pairs well with other biblical and Mediterranean-inspired foods.

Bread Pairings:

- Unleavened Bread - A great historical touch, like what would have been eaten in biblical times.
- Whole Wheat Pita or Flatbread - Soft and perfect for dipping.
- Barley Bread - A nod to the loaves Jesus multiplied (John 6:9).

Side Dishes:

- Cucumber and Vinegar Salad - Inspired by Numbers 11:5, this adds a fresh, crisp contrast.
- Roasted Olives and Dates - A sweet-savory addition to balance the earthiness of the lentils.
- Grilled Vegetables - Eggplant, zucchini, and bell peppers work beautifully.

Protein Boost (If Desired):

- Hard-Boiled Eggs - Similar to Mediterranean traditions, sliced eggs can be added for extra protein.
- Slow-Roasted Lamb or Fish - For a heartier meal, serve alongside roasted meats, reminiscent of biblical feasts.

Dietary Modifications



This lentil stew is naturally vegan, vegetarian, dairy-free, and gluten-free. However, here are some modifications based on dietary preferences or restrictions:

For a Lower-Sodium Diet:

- Use low-sodium vegetable broth or water.
- Reduce added salt and enhance flavor with extra garlic, lemon, or fresh herbs.

For a Higher-Protein Version:

- Add chickpeas (another biblical staple).
- Stir in quinoa or farro for extra plant-based protein.

For a Thicker or Creamier Stew:

- Mash some of the lentils with a fork to create a thicker consistency.
- Stir in a little coconut milk or tahini for creaminess without dairy.

For a Spicier Version:

- Add red pepper flakes or a pinch of cayenne pepper.
- A splash of harissa or hot sauce gives it a Middle Eastern-inspired heat.

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Scripture quotations are taken from the Holy Bible. Unless otherwise noted, Scripture references are from the World English Bible (WEB).

May this recipe inspire deeper faith, renewed hope, and purposeful living in Christ.

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