



Redemption Lentil



From: Adam Curry
Serves: 15-18

Prep Time: 30 min
Cook Time: 1.5 hours

Instructions

- 1) Rinse lentils under cold water and set aside
- 2) In a large pot, heat oil over medium heat. Add onion and celery, cook for 4-5 minutes until softened. Stir in garlic and cook for about 1 minute until lightly browned/fragrant
- 3) Add tomato paste and cook for 1-2 minutes, stirring to combine all current ingredients then blend with immersion blender.
- 4) Add carrots, potatoes, bell pepper, chili powder, cumin, garlic powder, and a pinch of salt. Cook an additional 2-3 minutes or until everything is lightly toasted
- 5) Now add lentils (if using dried), diced tomatoes, and vegetable broth. Bring to a boil, then reduce to a simmer. Cover and cook for about 25-30 minutes, or until lentils and potatoes are tender.
- 6) Stir in corn and black beans, simmer another 5-10 minutes.
- 7) Add apple cider vinegar and a pinch of sugar to taste. Adjust as needed.

Corned Beef Bottomer

- 1) Place the corned beef (flat cut) fat side down in the slow cooker and sprinkle with the seasoning packet it comes with. Add in 4 cups of beef broth.
- 2) Turn your slow cooker onto low for 8-9 hours.
- 3) Take out corned beef and remove excess fat.
- 4) Slice in soup spoon bite sized portions.

Notes

Ingredients

- 1 cup dried lentils (or ~2 cups cooked)
- 1 tbsp oil
- 1 small onion, diced
- 2 celery stalks, chopped
- 1 lb Red Petite Potatoes, chopped
- 5 carrots, chopped
- 1 red bell pepper, diced
- 1 cup corn
- ½ cup cooked black beans
- 2 cloves garlic, minced
- 1 can (14–15 oz) diced tomatoes
- 2 tbsp tomato paste
- 4 cups vegetable broth
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp garlic powder
- Salt to taste
- 1–2 tsp apple cider vinegar
- pinch of sugar

