



# Island Style Savory Coconut Lentil Stew

PREP TIME: 15 MIN    COOKING TIME: 40 MIN    YIELDS: 6 SERVINGS

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## Ingredients

1 1/2 cups dried green or brown lentils  
5 oz of green salsa verde (mild)  
1 medium onion, finely chopped  
3 cloves garlic, minced  
1/2 tsp ground smoked paprika  
3 tbsp nutritional yeast flakes (optional)  
3 medium carrots, grated  
1 handful fresh cilantro, chopped  
6 cups vegetable broth  
1 can coconut milk (13.5 ounces)  
Salt to taste

## Directions

1. Heat salsa in a large saucepan over medium heat.
2. Add onions and allow to cook for about 3 minutes.
3. Add garlic and cook for another minute.
4. Stir in smoked paprika for 30 seconds.
5. Add lentils, carrots, nutritional yeast flakes, vegetable broth and stir.
6. Bring to boil and then reduce heat to a simmer
7. Add cilantro and coconut milk after 15 minutes of cooking.
8. Cook for a total of 40 minutes, or until the stew has reached the desired texture.
9. Add salt to taste and serve.

