

French Green Lentils

(Aspen Culinary School)

Ingredients:

2 lbs French Green Lentils, rinsed & checked for small stones
Olive Oil
2 Onions, diced
Cumin
3 Carrots, diced
Chicken Stock
Salt & freshly ground black Pepper

Method:

Place olive oil, onion and cumin in a large saucepan and sauté onion until tender.
Add lentils and carrots and enough stock to cover; simmer for 15-20 minutes until lentils (and carrots) are tender, but still a bit firm, adding more stock if they begin to get too dry.