

# Chestnut and Lentil Stew

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*This hearty vegetarian stew is perfect for winter - it's packed with veggies, giving it flavour and goodness, and it's super filling too. If you're not a veggie, you can add some bacon or strips of stewing beef.*

## Ingredients:

4 carrots  
3 celery stalks  
2 onion  
5 garlic cloves  
1 litre vegetable (or chicken) stock  
1 x 400g tin tomatoes  
1 x 400g tin lentils of choice, drained  
300g cooked, peeled chestnuts  
Salt and pepper  
1 tbsp. mixed dried herbs  
1 tbsp. tomato puree  
1 tbsp. each butter and oil

## Directions:

1. Finely dice the onions, carrots and celery stalks. Heat oil and butter in a large heavy-bottomed saucepan. Add the onions, carrots and celery stalks and fry for 15-20 minutes until golden brown and softened. Add the tomato puree, stir and cook for 2-3 minutes. Mince the garlic cloves and add to the pan and cook for 3-4 minutes over a low heat.
2. Add the stock and tomatoes, stir well and simmer for 30 minutes. Stir in the herbs, chestnuts and lentils and season to taste, then simmer for a further hour until the chestnuts are softened.

*Author: Laura Young*