

LENTIL & BACON STEW



1.5	cups	Lentils	4	Tbs	Light Olive Oil
.5	#	Bacon Ends	2	Tbs	Soy Sauce
1	each	Leek	1	Tbs	Salt
1	each	Carrot	1	tsp	Fresh Herbs
1	each	Onion	1	tsp	Black Pepper
2-3	each	Celery Heart Stalks	5	cups	Water or
4	each	Dino Kale Stalks			Vegetable
4	Tbs	Black Beer Vinegar			Stock

EQUIPMENT: Medium sized stock or large soup pot.

Preheat your soup pot over medium heat. Rinse your lentils and drain. Cut your bacon ends down to 1-1.5 inch chunks. If you are using regular bacon, chop it into 1 inch strips. Carefully put the bacon into your hot pot and brown, stirring frequently. Peel and clean the leek, carrot, onion, and celery. Cut all the vegetables into small uniform dice and add to the browning bacon in your pot. Using your fingers, strip the kale leaves from the stalks, chop the stalks and add to the other vegetables. Chiffonade the kale leaves and set aside for now. Keep stirring and cook over medium heat until the vegetables begin to color and start to soften. Deglaze the pan with 2 Tbs vinegar and the soy sauce. Add the lentils to the pan and the olive oil, and stir the lentil and veggie mixture together. Add the water or stock, salt and pepper, herbs and reduce the heat slightly to just below a boil. Simmer the stew for 45 minutes until the lentils have started to soften and have absorbed a good deal of the water. Stir in the chopped kale leaves and remaining vinegar, check for seasoning and acidity. Serve hot and garnish with crispy bacon bits and fresh herbs.