

Vegan Superfood Stew with Lentils and Moringa

serves 6-9



Ingredients:

- 1 chopped onion
- 2 tbsp cooking oil
- 1 chopped bell pepper
- 1 sweet potato or 2 carrots (2 cups chopped)
- 2-3 diced garlic cloves
- 2 tomatoes (1 cup chopped)
- 1 bunch (10-20) young moringa pods chopped
- 1 bunch of moringa leaves
- 1 cup lentils

Spices: 1 tsp paprika, 2 tsps turmeric, 1 tsp cumin, 1 tsp dried oregano, 1 tsp dried basil, 1 tsp dried parsley, salt and pepper to taste

Directions:

1. Sauté onion in oil for a 5 minutes
2. Add bell pepper and sweet potato and sauté 2 more minutes

3. Add spices, fresh garlic and sauté for another 2 minutes

4. Add tomato, moringa pods, lentils, and 6 cups of vegetable broth or water

5. Pressure cook for 12 minutes and 10 minutes natural release in crock pot or on the stove for an about an hour until lentils are cooked through. Stir in fresh moringa leaves and serve.

