Ingredients

- extra virgin olive oil
- carrots (peeled and diced)
- onion (peeled and finely chopped)
- red bell pepper (cored and diced)
- medium potato (peeled and diced)
- garlic clove (peeled)
- ripe tomatoes (peeled peeled and finely chopped)
- bay leaf
- Pardina lentils (1 1/2 cup)
- sea salt (or salt to taste)
- water (3 pints or 4 1/2 cups)
- 2 Tablespoons
- 2 units
- 1 unit
- 1 unit
- 1 unit
- 2 units
- 1 unit
- 1 unit
- 1 unit
- 1 unit
- 1 unit
- 1 unit
- 1 unit
- 1 unit
- 1 unit
- 1 unit
- 1 unit
- 1 unit

Tools and equipment

- tablespoon
- cup
- peeler
- knife
- large saucepan

Directions

1. Have the lentils and all the vegetables well washed (in cold water) and prepared as indicated in the ingredients description.
2. Heat the olive oil in a large saucepan. Add the carrots and cook over low heat, stirring frequently, for about 2 minutes. Add the onion and a pinch of salt and stir-fry for 2 more minutes until only lightly golden.
3. Add the red bell pepper, the potato and the garlic clove and stir-fry over medium heat for around 2 minutes until soft but not brown.
4. Reduce heat to low. Add the tomatoes, the bay leaf, the lentils and stir. Cover with cold water and leave to cook, covered with a lid, at a medium-low heat for approximately 20 minutes, or until the lentils are “al dente”, stirring from time to time. Add a tablespoon of sea salt (or salt to taste) and stir.
5. Remove from the heat and serve hot.

SOURCE: Margarita RIBOT (http://www.tastymediterraneo.com/)