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My new cookbook, from which this recipe is taken, shares easy techniques to cook nutritious and delicious food that even picky eaters can enjoy.

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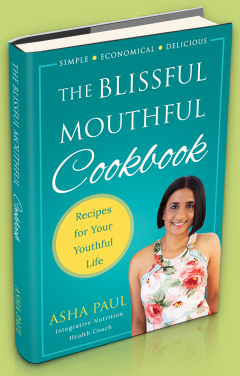


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Ten years in the making, this book was crucial to developing my health coaching program, Manage Your Waist With Taste™.

Happy cooking!

Asha

## *Lentil Stew*

PREPARATION TIME: 15 TO 20 MINUTES
PRESSURE COOKING TIME: 25 MINUTES
SAUTÉING TIME: 5 MINUTES

This delicately flavored stew is an all-time favorite of Russill's. Adding a handful of barley makes it a complete meal. I use unhulled barley instead of polished or pearled barley. It takes longer to cook, but once you soak the barley overnight or for the matter even for a few hours it reduces the cooking time. Moreover, if you are planning on pressure cooking the stew, then it is certainly worth using the unhulled barley.

***Ingredients for pressure cooking:***
**½ cup brown lentils, soaked for 2 to 3 hours**
**1 ounce unhulled barley, soaked overnight**
**1 medium tomato, quartered**
**3 cups of filtered water**
**Freshly ground black pepper to taste**
**Sea salt to taste**

Thoroughly rinse the lentils and the barley before placing them in the cooker along with the tomatoes, black pepper, water, and sea salt. Pressure cook it for 25 minutes.



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***Ingredients for Sautéing:***

**1 small yellow onion, diced**
**1 small red bell pepper, chopped into bite size pieces**
**1 large carrot, thinly sliced**
**½ teaspoon red chili flakes**
**1 teaspoon fresh sweet marjoram, minced**

1. Place a large skillet on high heat, add the onions and sauté for a minute. Turn off heat but continue keeping the skillet on the stovetop. Sprinkle black pepper, mix well, and let it sit.
2. In the meantime, chop the bell peppers and the carrots.
3. Turn the heat on the skillet (with the onions) back on to high, add the carrots, bell pepper, red chili flakes, and sprinkle a small quantity of water (¾ teaspoon to 1 tablespoon) over the veggies. Mix well, reduce heat to medium, cover the skillet, and cook for 3 to 4 minutes. Carefully watch so that the veggies don't burn, reducing heat if necessary. Turn off heat and mix the sweet marjoram into the veggies and set aside.
4. Add the cooked lentils and barley into the sautéed veggies and serve.

*Note: You can substitute spelt berries for barley. I suggest that you soak the spelt over night as well.*

*Sautéing onions for just a minute and letting them sit for 5 minutes or so seems to enhance the overall flavor.*



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