



# Island Style Savory Coconut Lentil Stew

PREP TIME: 15 MIN    COOKING TIME: 40 MIN    YIELDS: 6 SERVINGS

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## Ingredients

1 1/2 cups dried green or brown lentils  
5 oz of green salsa verde (mild)  
1 medium onion, finely chopped  
3 cloves minced garlic  
1/2 tsp ground smoked paprika  
3 tbsp nutritional yeast flakes (optional)  
3 medium grated carrots  
1 handful of fresh chopped cilantro  
6 cups vegetable broth  
1 can coconut milk (13.5 ounces)  
Salt to taste

## Directions

1. Heat salsa in a large saucepan over medium heat.
2. Add onions and allow to cook for about 3 minutes.
3. Add garlic and cook for another minute.
4. Stir in smoked paprika for 30 seconds.
5. Add lentils, carrots, nutritional yeast flakes, vegetable broth, and stir.
6. Bring to a boil and then reduce heat to simmer
7. Add cilantro and coconut milk after 15 minutes of cooking.
8. Cook for a total of 40 minutes or until the stew has reached the desired texture.
9. Add salt to taste and serve.

