



Lentils

½ cup Dry Brown Lentils (washed and drained)

1 ½ cups Water

a generous pinch Salt

Sauce

3 Tbsp. Tamari

2 Tbsp. Rice Wine Vinegar

1 Tbsp. Dry Sherry or Rice Wine

1 tsp. Hoisin Sauce

1 tsp. Toasted Sesame Oil

2 to 3 tsps. or 2 Tbsp. Raw Sugar or Maple Syrup

a generous dash Lime Zest

2 tsps. Cornstarch

3 Tbsp. Water

Vegetables

2 tsps. Grapeseed Oil or other neutral oil

½ cup White or Red Onion (chopped)

to taste Red Pepper Flakes

3 Tbsp. Cashews or Peanuts

3 cloves Garlic (minced)

1 inch Ginger (minced)

1 Red Bell Pepper (chopped)

1 Green Bell Pepper (chopped)

¾ cup Celery (chopped)

to taste Lemon Juice and Black Pepper

Directions

This is great to have with rice. If you want rice, don't forget to start that now

- 1** Cook the Lentils: Combine the lentils water and salt in a saucepan. Cover and bring to a boil over medium high heat. about 6 minutes. Reduce heat to medium and cook for 20 to 25 minutes or until the lentils are tender to preference. Let the lentils sit for 5 minutes before using. Drain excess water if needed and keep aside. Or use 1 ¼ cup cooked lentils or beans.
- 2** Make the sauce: combine all the ingredients under sauce into a bowl. Mix well to combine and keep aside.
- 3** Cook the veggies: Heat oil in a skillet over medium-high heat. When the oil is hot, add onion and chilies and cook for 3 minutes. Add the cashews and mix for a few seconds. Add garlic and ginger and mix in. Add the peppers and celery and mix well. Cook for 3 to 4 minutes.

- 4 Add in the sauce and cooked lentils and mix well. Add a few more tbsp water if you like extra sauce. Reduce heat to low and cook for 3 to 4 minutes or until the sauce thickens and some is absorbed by the lentils. Taste and adjust spice and sweet. Add red pepper flakes to taste, if needed and mix in. Garnish with a dash of lemon juice and black pepper. Serve with cooked rice or grains of choice.