



## Bold Bayou Bean & Lentil Stew

Prep Time: 10 minutes | Cook Time: 25 minutes | Difficulty: Easy

### INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion, finely diced
- 3 garlic cloves, minced
- 2 shallots, thinly sliced
- 1 red bell pepper, diced
- 1 small green chili, finely chopped (include seeds for extra heat)
- 1 large ripe tomato, chopped (or 1 cup halved cherry tomatoes)
- 1 cup red lentils, rinsed
- 1 cup pre-cooked beans (such as black-eyed peas or black beans – if using canned, drain and rinse)
- 1 cup fresh okra, sliced into 1/2-inch rounds
- 1 cup chopped collard greens (stems removed)
- 4 cups vegetable broth
- 1 teaspoon smoked paprika
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper (adjust to taste)
- 2 tablespoons fresh basil, chopped
- 2 tablespoons fresh cilantro, chopped
- Salt and pepper to taste

### INSTRUCTIONS

- 1 Heat the olive oil in a large pot over medium heat. Add the diced onion, minced garlic, and sliced shallots, cooking gently for about 3–4 minutes until softened. Stir in the diced red bell pepper and chopped green chili, letting them mingle for another 2 minutes.
- 2 Mix in the chopped tomato along with the smoked paprika, Cajun seasoning, cumin, and cayenne pepper. Let the spices toast lightly for about 1 minute so that their flavors bloom, giving the stew that bold, robust heat.
- 3 Pour in the vegetable broth then add the rinsed red lentils, sliced okra, and chopped collard greens. Bring the mixture to a simmer and let it cook for 15 minutes, or until the lentils break down nicely and the vegetables are tender.
- 4 Stir in your pre-cooked beans, and let the stew simmer for an additional 5 minutes to ensure everything is heated through. Give it a taste and adjust salt and pepper as needed—feel free to add a pinch more cayenne if you'd like extra heat.
- 5 Once the stew is richly flavored and all ingredients are well incorporated, turn off the heat. Stir in the chopped basil and cilantro right before serving for a fresh lift.

