

Smoky Red Lentil Stew with Chickpeas

Prep: 15 minutes • Cook: 30 minutes

A cozy, hearty stew of tender red lentils and chickpeas simmered in a smoky, tomato-rich broth with aromatic herbs. Bright lemon and fresh parsley finish each bowl with fresh, vibrant lift.

Ingredients

- 3 tablespoons olive oil (divided)
- 2 large carrots (diced)
- 2 ribs celery (sliced)
- 1 medium yellow onion (finely diced)
- 4 cloves garlic (minced)
- 1 tablespoon tomato paste (double-concentrate)
- 1 1/2 teaspoons dried thyme
- 2 1/2 teaspoons smoked paprika
- 2 cups red lentils (rinsed well)
- 5 cups vegetable broth
- 1 (15-ounce) can fire-roasted tomatoes
- 1 (15-ounce) can chickpeas (drained and rinsed)
- 3/4 teaspoon, plus more to taste fine sea salt
- to taste black pepper (freshly cracked)
- 2 cups baby spinach
- for serving lemon wedges
- for serving fresh parsley (minced)

Instructions

1. Heat 2 tablespoons of olive oil in a large Dutch oven over medium-high heat. When shimmering, add carrots, celery, onion, and a sprinkle of salt. Sauté 8–10 minutes, stirring occasionally, until softened and lightly browned.
2. Add the garlic and sauté 30–60 seconds, until fragrant.
3. Stir in tomato paste, dried thyme, and smoked paprika; cook 30–60 seconds until fragrant.
4. Add the red lentils and stir to coat.
5. Add the tomatoes, chickpeas, vegetable broth, salt, and pepper. Bring to a boil, then reduce to a gentle simmer.
6. Cover and cook for 15 minutes, stirring occasionally, until the lentils are tender.
7. Stir in the spinach and cook uncovered about 1 minute, until wilted.

8. Stir in the remaining 1 tablespoon olive oil. Taste and adjust seasoning.
9. Serve hot with lemon wedges, freshly cracked pepper, and a sprinkle of minced parsley.

Tags: Vegan, Stew, Lentils, Chickpeas, One Pot, Weeknight

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