



## JACOB'S LENTIL STEW

*This dish gets thicker and tastier each time you reheat it.*

12-16 servings

### Ingredients

- 1-2 cups brown lentils (use more for a thicker stew)
- ½ cup barley
- ½ cup red kidney beans
- 2 medium onions
- 2 medium carrots
- 2-4 potatoes (use more for a thicker stew)
- 2 fresh garlic cloves, crushed
- 4 heaping Tbsp. powdered soup mix
- 8 quarts water
- Pepper to taste
- 1-2 lbs. cubed beef or veal (optional)

### Step-by-Step Preparation

1. Wash the lentils, barley and kidney beans, and place into a pot.
2. Coarsely chop onions and add them.
3. Peel and slice carrots, and add them.
4. Peel and cube potatoes, and add them.
5. Add the garlic, soup powder, pepper and meat cubes.
6. Fill the pot with water and stir contents. Bring to a boil. Turn down heat and simmer for 2 hours. Stir every 15 minutes. Serve hot.

## SPICY LENTIL DIP

### Ingredients

- 1 cup lentils
- 3 cups water
- 2 Tbsp. ready-made tehina
- 2 tsp. soy sauce
- 1-2 Tbsp. tabasco sauce (add slowly and taste until it's spicy enough for you)
- 2 tsp. lemon juice
- 1-2 Tbsp. garlic-pepper (add slowly and taste)

### Step-by-Step Preparation

1. Soak the lentils in water for 2½ hours. Drain.
2. Bring 3 cups of fresh water to a boil, add the lentils, lower the flame and cook until the lentils are soft (about 45 minutes)
3. When lentils cool, drain them, and place them in a food processor with other ingredients. Blend until smooth.
4. Serve as a dip with crackers, or spread inside pita bread before stuffing it with kebab or shwarma.