

Easy Vegetable Lentil Stew with Better Than Bouillon (Nutrient-Dense)

The secret weapon in this specific recipe is the use of



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5 min

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INGREDIENTS

The Mirepoix: 1/2 yellow onion, 3 carrots, and 2 stalks of celery (chopped).

The Bulk: 3-4 medium potatoes (diced) and 8 oz of uncooked lentils (brown or green).

The Flavor Base: 1 1/2 Tbsp Better Than Bouillon (Vegetable base) and water.

The Aromatics: 1 bay leaf, plus salt and black pepper to taste.

DIRECTIONS

- 1. SautØ the Aromatics:** In a large Dutch oven or soup pot, heat a drizzle of olive oil over medium heat. Add your chopped onion, carrots, and celery. SautØ for 5-7 minutes until the onions are translucent and the carrots begin to soften. This step builds the flavor foundation of the entire stew.
- 2. Build the Broth:** Add the diced potatoes and the bay leaf to the pot. Pour in enough water to cover the vegetables by about 2 inches, then stir in the Better Than Bouillon. Bring the mixture to a rolling boil.
- 3. Simmer the Lentils:** Add your uncooked lentils to the boiling liquid. Immediately reduce the heat to low and cover the pot. Pro-Tip: Make sure to rinse your lentils in a fine-mesh strainer before adding them to check for any small stones or debris.
- 4. The Final Simmer:** Simmer for 30-40 minutes (depending on the type of lentil) until both the lentils and potatoes are fork-tender. If the stew becomes too thick, simply add a splash more water.
- 5. Season and Serve:** Remove the bay leaf. Taste the stew and season generously with salt and pepper. Serve hot, preferably with a piece of crusty bread for dipping.

SWAPS & NOTES

The Lentils: Use brown or green lentils for this stew. Avoid red lentils unless you want a very soft, "mushy" texture, as they tend to disintegrate when cooked.

The Potatoes: Yukon Golds are my favorite here because they hold their shape but have a creamy interior.

Russets will break down more, which makes the stew thicker.

TIPS FOR SUCCESS

Salt at the End: Lentils can sometimes stay "tough" if you salt the water too early.

It is always best to do your final seasoning once the lentils have reached the desired softness.

The Bay Leaf Rule: Always remember to remove the bay leaf before serving.

It's there for its woody, herbal aroma, not for eating!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-vegetable-lentil-stew-with-better-than-bouillon-nutrient-dense/>