**jacob's lentil stew**

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| Servings6 servings |  | Prep Time10 minutes |  | Cook Time2 hours |  | Kosher KeyParve or Meat |

**Description**

Historical recipe for Jacob's Lentil Stew and background on ancient Israelite food and cooking. Torah, Biblical cooking, Israel, Neot Kedumim

**Ingredients**

* 1/2 cup fresh chopped cilantro (coriander), divided
* 3 carrots
* 3 celery stalks, including leaves
* 2 tbsp extra virgin olive oil
* 1 large onion, diced
* 1 clove garlic, crushed
* 2 cups dry red lentils
* 1/4 cup pearl barley (omit for GF)
* 2 quarts vegetable or chicken stock
* 1 1/2 tsp cumin
* 1 tsp hyssop or parsley
* 1/2 tsp sumac (optional)
* 1 bay leaf
* Salt and pepper to taste

**Instructions**

1. Roughly chop the cilantro. Scrub the carrots, then cut them into chunks (do not peel). Cut celery into chunks, including leaves. Reserve.
2. In a medium sized soup pot, heat olive oil over medium heat. Add diced onion and saute till translucent.
3. Add garlic, carrot chunks, and celery. Continue to saute till onion turns golden and ingredients begin to caramelize. Add red lentils and barley to the pot, stir. Cover mixture with 2 qts. of broth and bring to a boil. Reduce heat to a simmer. Add 1/4 cup of the fresh cilantro to the pot along with the cumin, hyssop or parsley, sumac (optional) and bay leaf; stir.
4. Cover the pot and let the stew simmer slowly for 1 1/2 to 2 hours, stirring every 30 minutes, until barley is tender and the stew is thickened.
5. Gluten Free Modification: Omit the barley for a more soup-like texture, or substitute 1/4 cup brown rice for the barley. Rice is not a Biblical-era grain, but it makes a delicious substitute for those struggling with Celiac or gluten intolerance.

**Source:** <https://toriavey.com/toris-kitchen/jacobs-lentil-stew-2/>

**Nutrition Facts**

Jacob's Lentil Stew

**Amount Per Serving**

**Calories** 358Calories from Fat 63

**% Daily Value\***

**Fat** 7g**11%**

Saturated Fat 1g**6%**

**Sodium** 138mg**6%**

**Potassium** 1059mg**30%**

**Carbohydrates** 51g**17%**

Fiber 21g**88%**

Sugar 4g**4%**

**Protein** 23g**46%**

**Vitamin A** 5300IU**106%**

**Vitamin C** 6.9mg**8%**

**Calcium** 76mg**8%**

**Iron** 5.9mg**33%**

\* Percent Daily Values are based on a 2000 calorie diet.

*Nutritional information should be considered an estimate only; please consult a registered dietician, nutritionist, or your physician for specific health-related questions. Read more*[*here*](https://toriavey.com/privacy-policy/)*. Please note that the recipe above is published using a recipe card plugin, with preexisting software which can auto-calculate metric measurements, as well as change the number of servings. Metric conversions and changes to the number of servings (resulting in different ingredient amounts) will only appear in the ingredient list, and are not changed within the step-by-step directions of the recipe.*