

## LENTIL STEW WITH CARROTS AND TURNIPS

*This is one of our favorite ways to use turnips, which are a New York State winter storage vegetable. Even our 3-5 year-old children love this stew.*

SERVES 50 ADULTS

### INGREDIENTS

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½ cup garlic, minced  
½ cup oil  
1 onion, diced  
¼ bunch celery, sliced thinly  
1 red or green bell pepper, diced  
1 ½ cups tomato paste  
2 lb. chicken sausage (optional)  
1 tablespoon oregano  
2 bay leaves  
2 tablespoons salt  
5-6 medium carrots, in 1 inch rounds  
5 turnips, in 1 inch dice  
½ bunch parsley  
3 ½ lb. (about 9 ½ cups) lentils, dried  
About 2 gallons water or chicken stock

### DIRECTIONS

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1. In a stock pot add oil and sauté onions, celery, and garlic until soft.
2. Add bell peppers and chicken sausage (if using) for 10 minutes.
3. Add bay leaves, parsley, oregano, salt, carrots, turnips, lentils, tomato paste, and water/chicken stock. Cook for 1 ½ hours.
4. Serve with rice, bulgur wheat, or quinoa.