

# Sage Lentils with Squash and Mushrooms

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<https://www.forksoverknives.com/recipes/sage-lentil-stew-with-squash-and-mushrooms>

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Makes 10 cups

Prep Time: 20 minutes

Ready in 40 minutes



*"This hearty lentil stew features inky-black beluga lentils prepared with tender delicate squash, mushrooms, and aromatic sage."*

## INGREDIENTS

- 1 medium, delicate squash
- 1 cup chopped red onion
- 3 cups sliced fresh crimini mushrooms
- 1 cup chopped orange sweet pepper
- 2 tsp. dried sage, crushed
- 2 cloves garlic, minced
- 1/4 tsp. smoked paprika
- 1/4 tsp. black pepper
- Sea salt, to taste (optional)
- 3 cups vegetable stock
- 1 1/2 cups beluga lentils, rinsed and drained
- 1/2 cup unsweetened apple juice

## PREPARATION

1. Cut squash in half lengthwise; remove seeds. Do not peel. Cut squash into 1/4-inch thick slices.
2. In a large skillet cook squash and onion over medium 2 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
3. Add the next six ingredients (through black pepper). Cook and stir 2 minutes more. If desired, season with salt.
4. Stir in stock and lentils. Bring to boiling; reduce heat. Simmer, covered, 20 minutes. Stir in apple juice; simmer uncovered, 10 minutes more or until mixture is thick and lentils are tender. (If the mixture becomes too dry, gradually add a little water to moisten.)

More info and recipes:  
[BotaniCuisine.com](http://BotaniCuisine.com)

