

INGREDIENTS

- 3 tbsp avocado oil
- 3 bell pepper diced
- 3 tomatoes diced
- 15 baby potatoes diced
- 6 garlic cloves minced
- 2 tbsp cumin
- 2 tbsp paprika
- 2 tbsp oregano
- 1 tbsp salt
- 4 tbsp chopped cilantro
- 7 cups of water
- 1 lb lentils rinsed

INSTRUCTIONS

1. Heat the oil on medium heat in a large cooking pot
2. Add the chopped bell pepper, tomato, garlic, cumin, salt, paprika, oregano, and 2 tablespoons of the cilantro
3. Stir occasionally for about 5 minutes until all the ingredients have softened
4. Add the water and increase heat to bring the pot to a boil
5. Add the lentils and reduce the heat to medium low, cover and cook until the lentils are tender, a bit darker, and borderline mushy. Cook between 1 hour stirring every 20 minutes (the longer you cook, the mushier the lentils get)
6. Add salt if needed, stir in the remaining 2 tbs of cilantro and chopped potatoes, and cook for an additional 15 minutes until potatoes are soft
7. Remove from the heat
8. Serve with cooked rice, fried green plantains, and a small salad or avocado slices



Menestra Stew



6 servings



15 minutes



1 hour

Of all the typical meals in Ecuador, arroz y menestra is surely the most widespread in all regions of the country. You will literally find it on every street corner! It is either made with beans or lentils, and it is served with rice (arroz), patacones (fried green plantain) and a side salad. The lentils are our favorite and they are actually simpler to use because they don't need any soaking time.

It's a really cheap meal but also very healthy because lentils are high in fiber, protein, and complex carbohydrates, while low in fat and calories. Plus, it's a super easy recipe to make!

Notes

Cook between 1-2 hours stirring every 20 minutes (the longer you cook, the mushier the lentils get)