

GOLDEN LENTIL SAUCE

COOKEE'S TOOL KIT

Medium or large saucepan
Chef's knife
Cutting board
Wooden spoon
Spatula
Measuring cups and spoons
Medium bowl
Blender
Adult Supervision



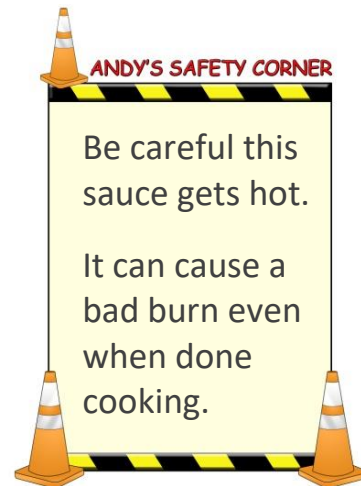
Ingredients

1 tablespoon butter or olive oil
½ cup red onion, chopped
½ cup diced carrot
½ celery stalk
1 garlic clove, chopped
1 teaspoon turmeric
2 teaspoons ground cumin

1 stalk fresh parsley
1 stalk fresh thyme
1 cup golden lentils, soaked in water for 2 hours
1 ½ cups stock (beef, chicken or vegetable)
Salt and freshly ground pepper to taste
Pinch chili pepper flakes

Directions

1. In a large saucepan over medium heat add the butter or olive oil, onion, carrot, garlic, turmeric, herbs, celery and cumin.
2. Sauté for 5 minutes stirring every other minute to be sure nothing sticks to the bottom of the saucepan.
3. Add in the lentils and the stock, season lightly with salt, pepper, and chili flakes, and bring to a boil. Cover saucepan, reduce the heat and simmer for 10 minutes.
4. Place mixture into a blender. Blend. Return blended sauce to the sauce pan and add the meatballs. Let the sauce mingle with the cooked meatballs for at least 5-10 minutes. Sauce should glaze the meatballs and be a bit runny.



Time: 30 minutes

Cooking time: 25 minutes