Stewed Red Lentils with Carrots and Chorizo | bites out of life

- 1 cup split red lentils

- 3 cups water

- 1 tablespoon butter

- 2 bay leaves

- 1 teaspoon chili powder

- 1/2 teaspoon cayenne powder

- 1/2 teaspoon ground cumin

- 1 tablespoon olive oil

- 3 small shallots, minced

- 3 cloves garlic, minced

- 4 ounces Spanish chorizo, diced

- 3 carrots, sliced into coins 1/4-inch thick

- salt and pepper, to taste

1) In a medium-sized pot, add the lentils, water, butter, bay leaves, chili powder, cayenne and cumin, and bring to a boil. Once the mixture is boiling, reduce the heat to low and simmer for 25-30 minutes, until the water is absorbed and the lentils are soft (but still retain their shape somewhat).

2) In a large skillet, add the olive oil, shallots and garlic and heat on low until the onions are translucent, 7-10 minutes. Add the chorizo, carrots, salt and pepper and cook until the carrots are slightly softened, about 15 minutes.

3) Once the lentils are cooked, add in the carrots and chorizo mixture. Mix well and add salt and pepper to taste. Serve warm.

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