

Lentils and Mushrooms in Red Wine

(from *30 Minute Vegetarian Recipes* by Mary Gwynn)

1 leek, white only, sliced thin (can substitute one white or yellow cooking onion, diced)

½ garlic clove

1 cup fresh mushrooms (I use 8 oz pre-sliced baby bells)

1 T olive oil

5 T dry red wine (I usually have some merlot or cabernet sauvignon around, which I use)

1 1/2 T chopped fresh parsley (I use more because I love it and it is a healthy food)

½ T chopped fresh thyme

½ tsp Dijon-style mustard

3 T tomato puree (I never have tomato puree around, so I use 1-2 T tomato paste, dissolved in a little water so it mixes easily).

1 T Worcestershire sauce or soy sauce (I use Worcestershire, it is very salty with soy sauce)

2 cups cooked brown lentils

Salt and freshly ground black pepper

Chopped fresh parsley for garnish

Cook lentils – this takes about 45 minutes. Can do a day ahead and store in the fridge, they hold well.

Slice leek then rinse in plenty of cold water and drain well (or dice onion). Mince garlic and slice mushrooms. (I cheat and buy 8 oz pre-sliced baby bella mushrooms from Wegman's and dump them in when called for)

Heat oil in a saucepan over medium heat. Add leek and garlic and cook 3 minutes, until the leek is softened but not browned, about 5 minutes.

Stir in sliced mushrooms, turn up the heat, and continue cooking, stirring occasionally, until they are lightly browned, about 5 minutes. (I usually cook the mushrooms longer, more like 10-20 minutes, as I like the flavor that develops with longer cooking).

Stir in wine, chopped parsley, thyme, mustard, tomato puree (or paste), and Worcestershire sauce. Season to taste with salt and pepper. Bring to a boil then simmer 10 minutes, stirring occasionally.

Stir in the lentils and continue simmering 5-10 more minutes to heat through. If there is more liquid than you like, turn up the heat and boil to reduce the liquid. Garnish with parsley.

Serves 2

Nutrition information per serving: 363 calories, 8 g fat, 0 mg cholesterol, 274 mg sodium, 51 g carbohydrates, 13 g fiber, 20 g protein. Daily values: vitamin A 5%, vitamin C 32%, calcium 6%, iron 59%.