

# Picadillo Lentil Stew with Peppers and Green Olives

From – *Kalynskitchen.com*

1 1/2 cups dried brown or green lentils, rinsed  
4 tsp minced garlic  
3/4 tsp salt  
1 Tbsp olive oil  
1 onion-finely chopped  
1 cup diced sweet bell pepper  
1 Tbsp ground chile powder  
1 tsp dried oregano  
1 can (8 oz.) tomato sauce  
1 can (14.5 oz.) petite diced tomatoes with juice  
2 tsp cocoa powder  
2 tsp sugar  
1 cup diced green olives  
1 cup or more lentil cooking water  
1 Tbsp Green Tabasco Sauce, plus more for serving if desired  
plain Greek yogurt for serving (optional)

- Rinse the lentils and put them in a medium-sized saucepan with garlic, salt, and 6 cups hot water, and bring lentils to a boil.
- Reduce heat to a low simmer and cook uncovered until lentils are soft, about 20-25 minutes.
- Drain them into a colander placed over a bowl or large measuring cup to catch the liquid.
- Heat oil in a heavy dutch oven type pan that's large enough to hold all the stew.
- Add the onions and saute over medium-heat until onions are just starting to brown.
- Add the diced bell pepper, chile powder, and oregano, and saute 3-4 minutes more.
- Add diced tomatoes and juice, tomato sauce, cocoa powder, sugar and diced green olives and simmer about 10 minutes.
- Then add cooked lentils, 1 cup or more of lentil cooking water, and green Tabasco sauce and simmer 20-25 minutes more on low heat.
- Serve hot, topped with a dollop of Greek yogurt and a generous dash of green Tabasco sauce if desired.



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