



THE FAT VEGAN

CLASSIC LENTIL STEW

Ingredients:

- ½ kg lentils
- 1 large sweet potato
- 4 large tomatoes
- ½ kg tofu
- 3 sticks of celery
- 1 large courgette
- Fresh coriander leaves

Optional: Chop and bake some potatoes and put these into the stew at the very end.

Chop a red onion and some garlic and fry in coconut oil. Then add and boil 1 litre of water. Add the lentils and wait until they have soaked up the majority of the water before adding the chopped vegetables and tofu. Let this simmer for 30 minutes. When serving sprinkle the fresh coriander leaves on top.