



Mediterranean Veg & Lentil Stew Recipe

SERVINGS: 20

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

Ingredients

- 8-10 tins lentils (or 1.2-1.5kg dried lentils, soaked overnight)
- 8-10 tins chopped tomatoes
- 12-15 carrots, diced
- 12 celery sticks, chopped
- 12 tbsp olive oil
- 12 cloves garlic, minced
- 5 tbsp tomato purée
- 5 tsp smoked paprika
- 5 tsp ground cumin
- 5 tsp dried thyme or oregano
- 5 handfuls fresh parsley (optional)
- Salt & pepper to taste
- 5 large red onions, diced
- 5 large aubergines, chopped
- 5 large leeks, sliced
- 10 vegetable stock pots (or cubes)
- 4kg potatoes (mix of white & sweet)

Directions

1. Sauté the onions, leeks, carrots, and celery in olive oil until softened.
2. Add garlic, aubergine, tomato purée, paprika, and cumin – cook for 2 mins.
3. Stir in lentils, chopped tomatoes, and veg stock, then simmer for 20-30 mins (or pop into the slow cooker for the following: 6 hours on low or 3 hours on high)
4. Boil white & sweet potatoes for 20 minutes until fork tender, then mash with olive oil and seasoning.
5. Serve stew with a dollop of sweet potato mash, topped with fresh parsley.

Why this works to stabilise our mood and keep us resilient to stress:

Lentils – High in protein and fibre, keeping blood sugar stable.

Aubergine & Leek – Great for gut health, supporting mood and digestion.

Sweet Potatoes – Slow-release energy and rich in stress-fighting nutrients.

Herbs & Spices – Anti-inflammatory and balancing for the nervous system.