

Stew of lentils of La Armuña



Provincia

Salamanca

Ingredients

1/2 kg of lentils of La Armuña.

1 small chorizo.

1/2 small onion.

1 small carrot.

1 piece of pumpkin.

1 leek.

2 cloves of garlic.

2 bay leaves.

1 teaspoon of paprika.

1/2 dl. of oil, water, powdered clove and salt.

Preparation method

Cover in a pot the lentils with cold water, and put them over a high heat along with the chorizo, the tomato, the carrot, the green pepper, the leek and the bay. Add salt, and a little powdered clove.

Once it begins to boil put the cooking of lentils to simmer. When they are almost tender, in a separately frying pan stir-fry the finely minced onion and next add the garlic until brown, also minced.

Once this is done, add the paprika and without letting it fry, add the sauce to the lentils.

Optionally if we like the broth a little thicker it can be added, once the stew is almost complete, the purée of a few lentils with tomato, pumpkin and leek. To serve, remove the bay leaves, and cut the chorizo into slices.