

DINNERLY



Bacon & Lentil Stew with Carrots & Kale



40-50min



2 Servings

If you're as stew-crazy as we are, you're gonna love this one. Thick-cut bacon, French green lentils, kale leaves, and carrots swim together in a tomato-based broth for an ultra-satisfying meal that comes together in just 4 steps. Pro tip: For a smoother, thicker texture, blend some of the stew and add it back in! We've got you covered!

WHAT WE SEND

- 4 oz pkg thick-cut bacon
- 1 yellow onion
- 1 carrot
- 1 bunch curly kale
- 3 oz French green lentils
- 8 oz tomato sauce
- 1 pkt chicken broth concentrate

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)
- olive oil (optional)

TOOLS

- medium pot
- immersion blender or blender (optional)

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 580kcal, Fat 22g, Carbs 47g, Protein 39g



1. Prep ingredients

Cut **bacon** into ¼-inch pieces. Finely chop **half of the onion** (save rest for own use). Scrub **carrots**; cut into ¼-inch pieces. Finely chop **2 teaspoons garlic**.

Strip **kale leaves** from tough stems, discard stems. Stack leaves and coarsely chop.



2. Cook bacon & veggies

Place **bacon** in a medium pot. Cook over medium-high heat, stirring occasionally, until golden brown and crisp, about 5 minutes.

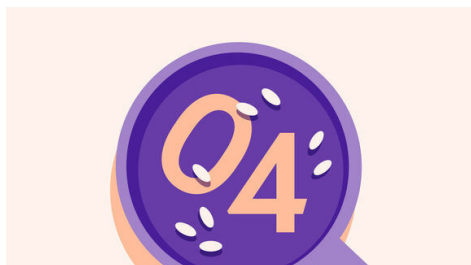
Add **onions, carrots, and chopped garlic**. Cook, stirring occasionally, until veggies are softened, 3–4 minutes.



3. Simmer soup

Add **kale and lentils** to pot with **bacon and veggies**. Cook, stirring occasionally, until kale is dark green and wilted, 2–3 minutes. Add **tomato sauce, broth concentrate, ¾ cups water, and 1 teaspoon salt**.

Bring to a boil over high heat, then lower heat to maintain a gentle simmer. Partially cover pot; simmer until lentils are tender but still hold their shape, 30–35 minutes.



4. Blend & serve

Optionally, blend **1 cup of the soup** with an immersion or regular blender until smooth, then return to pot. Cook over medium-low heat until broth is thickened and soup is hot. Off heat, stir in **1 teaspoon vinegar**; season to taste with **salt and pepper**.

Serve **bacon and lentil stew** with a **drizzle of oil**, if desired. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!