



Lentil stew Suitable for Celiacs

Ingredients

Onion

¼ unit

Bell pepper

¼ unit

Bacon

50g.

Cantimpalo (Sp. sausage)

¼ unit

Minced meat

100g.

Paprika

1 tsp.

Lentils

½ can

Tomato sauce

4 tbsps.

Red wine

2 tbsps.

Water

4 tbsps.

Salt and pepper

to taste

Preparation:

Cut up the onion and the pepper in small cubes and place them in the TartaExpress; cut up the bacon in 1 cm. cubes. Cut up the cantimpalo in half finger slices. Mix up the wine, the tomato sauce, the water, the paprika, the bacon and the cantimpalo and cook covering the mixture for 2 minutes. Add the soaked lentils and mix. Then, cover and cook for two more minutes.

