

## RED LENTIL & SQUASH STEW (oh so comforting)

1 inch piece of dried kombu seaweed (find at health food store)  
1 cup of dried red lentils, rinsed  
4 cups of water  
1 medium sized onion, diced (try Vidalia for a sweeter stew)  
3 cups cubed butternut squash (if it's summer try zucchini squash for a lighter stew)  
1 TBS of soy sauce  
Dash of Balsamic Vinegar

Put lentils, kombu, and water in a heavy pot. Bring to a boil over medium heat. Turn heat to low, cover the pot and cook for about 35 minutes. Add the onion and squash and cook for about 15 minutes until the squash and onions are tender. Add soy sauce and simmer for about 10 minutes or until the liquid is absorbed and the stew is creamy. Sprinkle with balsamic vinegar and mix well.

Serves 4

