



Crockpot Super Side



Prep: 10 mins
Cook: 2-3 hours



Serves: 10



Ingredients:

- 1 bag dried lentils
- 4-5 large carrots, diced
- 2 onions, diced
- 2 cups of kale, chopped
- (2) 32 oz containers of chicken, beef, or vegetable broth
- 1 tbs of minced garlic
- 1 tbs salt
- 2 tsp pepper



Follow these 3 easy steps:



1

Add diced onions to a large skillet with 1-2 tsp of olive oil. Sauté until slightly brown.



2

Add onions into a large crockpot along with the bag of lentils (make sure lentils are washed first), your choice of broth, carrots, and kale. Stir in salt, pepper, and garlic.

Cook on high for 2-3 hours or until beans and carrots are cooked thoroughly. Make for a gathering or move to a large dish to eat for the week!



3



And voila! It's done!

Tip: If you don't have a lot of broth available just add water and more seasoning!