



## Lentil Stew with Shelled Flax

2 tbsp olive oil  
1 tsp mustard seeds  
2 tsp cumin seed  
4 cloves garlic, minced  
3 onions, chopped  
2 jalapeno peppers, seeded and finely chopped  
1 red pepper, seeded and chopped  
2 tbsp ginger root, grated\*  
 $\frac{1}{2}$  cup of Natunola® health's delight Shelled Flax Kernel  
1 tsp turmeric  
1 tsp coriander  
1 tsp salt  
1 - 28 oz (796 ml) can of diced tomatoes  
2 cups red lentils  
hot pepper sauce to taste



In a heavy sauce pan heat the oil and sauté the mustard and cumin seeds. When the seeds start to pop add the garlic, onions, jalapeno peppers, red pepper and ginger. Cook until soft. Add the Natunola® health's delight Shelled Flax Kernel, turmeric, coriander, salt and tomatoes. Add 3 cups of water and the lentils and cook over low heat until lentils are soft.

Add the hot pepper sauce to taste and stir well. Serve over rice if desired.

\* Freeze fresh washed ginger and grate frozen when needed

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Natunola Health Inc.

Sales: 21 Antares Drive, Unit 123-124, Nepean, ON Canada K2E 7T8

Manufacturing Plant: 661 St. Lawrence Street, Winchester, ON Canada K0C 2K0

Tel: (613) 774-9998 \* Fax: (613) 774-2226 \* [flax@natunola.com](mailto:flax@natunola.com) \* [www.natunola.com](http://www.natunola.com)