

## **Main Dishes**

### **Gloria Loring's Lentil Stew**

*07-15-2007 -- by Gloria Loring*

Singer/actress/author Gloria Loring concocted this stew for her good friend and talent manager, Cheri Ingram. Cheri has chronic pancreatitis, and her diet is limited to about 16 items. It took some experimenting, but in time Gloria whipped up a very tasty dish!

NOTE FROM GLORIA: For Cheri's digestive problems and pancreatitis, Dr. Patel prescribed plant-based compounds from India and recommended that she take stress off the digestive system by moving to a vegetarian plan (but no soy.) I created this stew to use many of the approved foods on his list. Cheri has been following this kind of a food plan for two years and has only been in the hospital once in all that time, as opposed to 6 or more times a year before she worked with him. She has gained weight (from her former very thin state) and improved all aspects of her health. - GL

#### **INGREDIENTS**

1 small onion, chopped  
2-3 Tbs. Olive oil  
(Optional: add one clove garlic, minced)  
8 cups vegetable broth  
1 cup lentils  
2 bay leaves  
½ cup basmati rice  
2 medium carrots, chopped  
1 small yam or sweet potato, peeled and chopped  
1 bunch spinach or Swiss chard  
1 grated zucchini  
1 small bunch basil, chopped  
2 tsp. ground cumin  
1 tsp. ground coriander  
½ tsp. cinnamon  
Salt, to taste

#### **INSTRUCTIONS**

1. Sauté onion in olive oil until slightly golden brown. (Optional: Add one clove garlic, minced.)
2. Add vegetable broth, lentils, and bay leaves. Bring to a boil, then lower heat and simmer for 20 minutes.
3. Add rice, carrots, and sweet potato. Simmer 15 minutes. Add water if the stew looks too thick.
4. Add spinach, zucchini, basil, cumin, coriander, cinnamon, and salt to taste. Simmer until all ingredients are tender, 10 to 15 minutes.
5. Serves 8.