

Stovetop Barbecue Lentils

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped red onion
- 1 tablespoon minced garlic
- 2 teaspoons chili powder
- 1 teaspoon mustard powder
- 2 cups or vegetable broth
- 3/4 cup tomato sauce
- 3 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 2 tablespoons agave nectar or dark honey
- 1 1/2 cups brown lentils, rinsed
- Salt and pepper to taste

Instructions

Heat olive oil in a 2-quart saucepan over medium heat. Add onion and saute until softened and translucent, about 3 minutes. Add garlic and spices and saute until fragrant, about 1 minute; do not brown garlic.

Add broth, tomato sauce, vinegar, mustard, agave nectar, and lentils, stir well, and bring to a boil. Reduce heat to low, cover, and simmer until lentils are tender, but intact, about 30 minutes. Lentil cooking times vary. If necessary, add an additional 1/4 cup water and simmer for 5 minutes longer if lentils are not tender. Season with salt and pepper.