

## Good Vibes New Year Citrus Lentil Stew

Think of this as the soft landing after a loud night. Bright citrus, cozy lentils, gentle spices. It's grounding without being heavy, fresh without trying too hard — the kind of meal that says we're moving forward, but kindly.

### Ingredients

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon cinnamon
- Salt and black pepper, to taste
- 1 cup dried brown or green lentils, rinsed
- 1 (14.5 oz) can diced tomatoes
- 3 cups low-sodium vegetable broth
- Zest of 1 orange
- Juice of ½ orange
- 2 cups baby spinach
- 1 tablespoon olive oil (for finishing)
- Fresh parsley or cilantro, chopped (optional)



### Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add diced onion and cook for 4–5 minutes until soft and translucent.
3. Stir in garlic, cumin, smoked paprika, and cinnamon. Cook for 30 seconds until fragrant.
4. Add lentils, diced tomatoes (with their juices), and vegetable broth. Stir well.
5. Bring to a boil, then reduce heat and simmer uncovered for 25–30 minutes, until lentils are tender.
6. Stir in orange zest and orange juice, then add spinach and cook just until wilted.
7. Taste and adjust seasoning with salt and pepper.
8. Finish with a drizzle of olive oil and top with fresh herbs if using. Serve warm.

**Servings: 4**

**Nutrition (per serving, approx.)**

calories: 360

protein: 18

carbs: 45

fat: 10

fiber: 16

sugar: 6