

# LENTILS

*Lens culinaris or Lens esculenta*

**SCRIPTURES:** Genesis 25:29,30,34 “red” (lentil) pottage  
Ezekiel 4:9 describes a mixture of vegetables,  
Including lentils.

**PLANT DESCRIPTION:** In Genesis 25 when Esau sells his birthright to Jacob, Jacob was cooking a stew of “red” lentils. Lentils have always been an important part of the diet of people in the Mediterranean region and throughout Europe. The nutritious seeds are used in soups; and a kind of bread, very common in Egypt is made of lentils and barley.

Each small pea-like pod contains only 1 – 2 seeds. Inside the gray skins, seeds may be yellow, red, orange or green. The red variety is the kind that Jacob used in his stew and was the most frequently cultivated form of lentil in Egypt and Palestine.

**NUTRITION FACTS:** The lentil contains iron, potassium, thiamin, biotin and zinc. It is able to restore tissue in bone, muscle, nerve and brain.

**RECIPE:** ***JACOB’S LENTIL SOUP*** (serves 4)

*“Then Jacob gave Esau some bread and some lentil stew” (Genesis 25:34)*

Combine in soup pot:      1 ½ cup split red lentils  
                                     6 cups chicken or vegetable stock  
                                     1 medium onion, cubed  
                                     1 chopped leek  
                                     2 sticks chopped celery  
                                     1 cubed carrot

Simmer above for 30 minutes until lentils have disintegrated. If too thick, add water. Then add:            ½ teaspoon ground cumin  
                                     1 tablespoon wine vinegar  
                                     salt and freshly ground pepper, to taste

*(Recipe from “Food at the Time of the Bible” by Miriam Feinberg Vamosh)*

**(BIBLIOGRAPHY:** *Consider the Lilies (John and Katherine Paterson); Zondervan’s Pictorial Bible Dictionary; Flowers and Fruits of the Bible (John Chancellor).*