Braised Black Lentils

Ingredients

- 1 tablespoon butter
- 1 tablespoon olive oil
- ½ cup diced onion
- ½ cup diced carrot
- ½ cup diced celery
- 1 pinch salt to taste
- 6 sprigs fresh thyme
- 1 pinch ground black pepper to taste
- 1 cup Beluga lentils
- 1 ¾ cups chicken or vegetable stock
- 1 tablespoon champagne vinegar
- 2 tablespoons chopped Italian parsley
Directions

1. Melt butter in olive oil over medium heat in a saucepan. Stir in onion, carrot, celery and salt and cook until vegetables are softened and onion is translucent, about 10 minutes.

2. Reduce heat to low and add thyme sprigs and pepper. Stir in lentils until well coated. Add chicken stock and bring to a gentle simmer.

3. Reduce heat to low, cover and cook, checking occasionally, until the lentils are tender and have absorbed all the liquid, about 35 minutes. Remove from heat and discard thyme stems. Stir in champagne vinegar and parsley. Season with salt and pepper to taste.