

COOK & NOURISH



Mushroom and Lentil Skillet With a Crisp Savory Crumble



A PRACTICAL COMPANION TO THE GUIDE

Cook mushrooms until their moisture settles, build a lentil filling, and add a separate crisp topping for a satisfying skillet supper with a printable cook log.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

THE HEARTH KITCHEN / RECIPE CARD



Mushroom and Lentil Skillet With a Crisp Savory Crumble

4 SERVINGS / READ THE FULL GUIDE BEFORE COOKING

INGREDIENTS

- 12 ounces cultivated edible mushrooms, sliced
- 1 medium onion, chopped
- 2 carrots, finely diced
- 3 garlic cloves, chopped
- 2 tablespoons olive oil for filling
- 1 tablespoon tomato paste
- ½ teaspoon dried thyme
- 3 cups cooked brown or green lentils, drained
- ¾ cup low-sodium vegetable broth, plus extra
- 1 tablespoon soy sauce or suitable labeled alternative
- Black pepper and salt to taste
- ¾ cup coarse breadcrumbs
- 1 tablespoon olive oil for crumble
- 2 tablespoons chopped parsley
- 2 tablespoons grated Parmesan, optional

METHOD

01. Cook mushrooms in 1 tablespoon oil until released moisture mostly evaporates and mushrooms begin to brown, about 8–12 minutes. Remove.
02. Soften onion and carrots in remaining filling oil 8–10 minutes. Add garlic, tomato paste, and thyme for 1 minute.
03. Return mushrooms. Add cooked lentils, broth, and soy sauce. Simmer 5–8 minutes until carrots are tender and filling is spoonable.
04. Separately toast breadcrumbs in 1 tablespoon oil for 3–5 minutes until golden. Transfer to a bowl and add parsley and optional Parmesan near serving.
05. Taste filling and adjust seasoning. Add topping just before serving, keeping topping separate for later portions.

Leftovers: refrigerate promptly in shallow containers within 2 hours, or 1 hour above 90°F. Keep at 40°F or below; use within 3–4 days or freeze. Reheat leftovers to 165°F.

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EXERCISE 01

Confirm cooked lentils

Record lentil type, source, cooked measure, and drainage. If cooking from dry, add the separate cook time to your plan. Note any softness that will affect the filling. Keep the ingredient role clear: this recipe begins with cooked lentils, not a dry quantity awaiting hydration in the skillet.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Set the mushroom endpoint

Record mushroom type, pan size, batch count, and the time the released liquid mostly evaporated. Note browning without burning. This stage determines whether the filling begins with flavorful mushrooms or a watery base. Use the observed endpoint rather than forcing every batch to match the shortest time.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

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EXERCISE 03



Check the vegetable preparation

Draw or describe the carrot dice and mushroom slice size. Record when the carrots become tender. Note garlic and tomato-paste timing. A preparation record is especially helpful if one component stays hard while the rest is ready, because the next correction may be cutting size rather than extra seasoning.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 04

Adjust the filling consistency

Record starting broth, additions, simmer time, and whether liquid puddled at the edge. Test salt after the soy sauce and broth have concentrated. Keep the final description concrete: moist and spoonable, with tender carrots. This helps you repeat the texture without using breadcrumbs to hide excess liquid.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

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EXERCISE 05



Protect the crisp topping

Record breadcrumb type, toast time, and when herbs or cheese were added. Mark the portion kept separate for later diners. Plan how it will be stored and re-crisped. The topping is a distinct component, so its texture should have its own decision instead of inheriting the filling's schedule.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 06

Map staggered meals safely

Write who eats when, how many portions remain, and when the filling will be refrigerated. Keep the original storage date when reheating. Record the temperature check and any broth added. A staggered-meal plan should protect the later portion without leaving perishable food out for convenience.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE
