



Lentil Stew

Ingredients:

- 8 cups of water
- 1 pound lentils, washed
- 1 teaspoon vegetable oil
- 1 large onion, diced
- 1 large green pepper, diced
- 1 cup carrots, diced
- 1 cup celery, diced
- 8 sprigs fresh cilantro, chopped
- 1/2 teaspoon black pepper, if desired
- 1 teaspoon salt, if desired

Directions:

1. In a large pot, boil water. Add lentils and return to a boil. Reduce heat and simmer.
2. Heat oil in a frying pan. Add onions, green pepper, carrots, celery and cilantro and cook for 5 minutes.
3. Add the vegetable mixture to the pot of lentils; simmer for 1 hour. Season with pepper and salt (if desired).

Yields about 8 servings

Source:

Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006.

| Nutrition Facts | | | |
|---|-------------------|-------------------|-----|
| Serving Size 1/8 recipe (12.9 ounces) | | | |
| Servings Per Recipe 8 | | | |
| Amount Per Serving | | | |
| Calories | 230 | Calories from Fat | 10 |
| % Daily Value * | | | |
| Total Fat | 1.5g | | 2% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 320mg | | 13% |
| Total Carbohydrate | 39g | | 13% |
| Dietary Fiber | 19g | | 76% |
| Sugars | 3g | | |
| Protein | 15g | | |
| Vitamin A | 60% | Vitamin C | 35% |
| Calcium | 6% | Iron | 25% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | |
| Total Fat | Calories: 2000 | 2,500 | |
| Saturated Fat | Less than 65g | 80g | |
| Cholesterol | Less than 20g | 25g | |
| Sodium | Less than 300mg | 300mg | |
| Total Carbohydrate | Less than 2,400mg | 2,400mg | |
| Dietary Fiber | 300g | 375g | |
| | 25g | 30g | |
| 4% calories from fat | | | |

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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