

Lentil Stew

Makes: 10 servings

Ingredients

- 2 teaspoons** olive oil (or canola oil)
- 1** onion (large, chopped)
- 1 teaspoon** garlic powder
- 1 1/2** 10-ounce packages of frozen sliced carrots
- 1 3/4 cups** dry lentils (rinsed and drained)
- 3 cans** diced tomatoes (14.5 ounces each)
- 3 cups** water
- 1 teaspoon** chili powder

Directions

1. Heat the oil in a large pot over medium heat.
2. Add chopped onion.
3. Cook for 3 minutes, or until tender.
4. Stir in garlic powder, carrots, lentils, tomatoes, water and chili powder.
5. Simmer, uncovered, for about 20 minutes or until lentils are tender.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Nutrition Information

Nutrients	Amount
Calories	184
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	303 mg
Total Carbohydrate	33 g
Dietary Fiber	11 g
Total Sugars	8 g
Added Sugars included	2 g
Protein	11 g
Vitamin D	0 IU
Calcium	77 mg
Iron	5 mg
Potassium	740 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 1/2 cups
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