

Lentil Stew



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 10

Prep: 5 minutes | **Cook:** 30 minutes

INGREDIENTS

- 2 teaspoons Olive Oil (or Canola Oil)
- 1 Onion, large and chopped
- 1 teaspoon Garlic Powder
- 3 large Carrots, sliced
- 1 cup dry Lentils, rinsed and drained
- 3 (14.5 ounce) cans diced Tomatoes, low-sodium
- 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 25 minutes or until lentils are tender.



Nutrition Information	
<i>Serving Size: 1 cup</i>	
Calories	113
Total fat	2 g
Saturated Fat	0 g
Trans fat	
Cholesterol	0 mg
Sodium	52 mg
Carbohydrates	20 g
Fiber	7 g
Sugars	6 g
Protein	6 g

Recipe adapted from: USDA
MyPlate