

Spicy Lentil Stew

Makes 6 servings | Protein • Grains • Vegetable

Ingredients

- 1 ½ cups uncooked lentils, rinsed
- 5 cups chicken broth, low-sodium
- 2 garlic cloves, chopped (1 teaspoon minced or ½ teaspoon powder)
- 1 cup chopped onion
- 1 cup chopped carrot
- 1 cup chopped green pepper
- 1 15-ounce can diced tomatoes
- 1 medium sweet potato, peeled and chopped
- ¼ - ½ teaspoon cayenne pepper
- ½ teaspoon ground cumin

Directions

1. Wash hands with warm, soapy water.
2. Using a large pot with lid, combine lentils, chicken broth, and garlic. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes.
3. Turn off heat and let lentils sit for 1 hour.
4. In the meantime, prepare remaining ingredients.
5. After 1 hour, turn heat to medium. Add all remaining ingredients. Cook uncovered until carrot and sweet potato are tender, about 30 minutes.





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Nutrition Facts	
6 servings per container	
Serving size	1 1/2 cups (396g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	27%
Total Carbohydrate 47g	17%
Dietary Fiber 9g	31%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 5mg	30%
Potassium 932mg	20%
<small>* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.