

# Spicy Lentil Stew

Makes 6 servings | Protein • Vegetables

## Ingredients

- 1 Tablespoon canola oil
- 1 cup chopped onion
- 1 cup chopped carrot
- 1 medium sweet potato, peeled and chopped
- 2 garlic cloves, chopped (1 teaspoon minced or ½ teaspoon powder)
- ¼ - ½ teaspoon cayenne pepper
- 1-2 teaspoons ground cumin
- 5-7 cups broth, low-sodium
- 1½ cups uncooked lentils
- 1 cup chopped green pepper
- 1 15-ounce can diced tomatoes

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Sauté onion, carrots, sweet potatoes, garlic, cayenne, and cumin in oil. Cook 5-10 minutes on medium-high heat until onion begins to brown.
3. Add 5 cups of broth. Bring to a boil on high heat, then reduce heat to medium and simmer for 15-20 minutes.
4. Rinse lentils under cool, running water.
5. Add lentils, green pepper, and tomatoes to the soup.
6. Cook 20-25 minutes or until lentils and potatoes are tender.



Extension



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.

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