

Delicious Lentil Stew

Makes: 8 servings

Ingredients

- 2 tablespoons** butter (or margarine)
- 1 cup** onion (chopped)
- 6 cups** water
- 2 cups** lentils (dry, washed, soaking not necessary)
- 1 teaspoon** Worcestershire sauce
- 1/2 teaspoon** oregano
- 1/4 teaspoon** garlic powder
- 6** carrot (large, cut into 1/2-inch pieces)
- 8** small celery stalks
- 1 teaspoon** salt
- 1 can** whole tomatoes (16 ounce, cut into pieces or 3-4 fresh tomatoes cut in wedges)

Directions

1. Melt butter in a large skillet.
2. Sauté onion until tender.
3. Add water, lentils, Worcestershire sauce, oregano, and garlic powder.
4. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
5. Add carrots, celery, and salt.
6. Cover and simmer 30 minutes more or until the vegetables are tender.
7. Add tomatoes. Heat thoroughly and serve.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	270	
Total Fat	3.5 g	5%
Protein	16 g	
Carbohydrates	44 g	15%
Dietary Fiber	20 g	80%
Saturated Fat	2 g	10%
Sodium	450 mg	19%