



# CAPE COD COOPERATIVE EXTENSION

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N u t r i t i o n E d u c a t i o n P r o g r a m

## Delicious Lentil Stew

Serving Size: 1/8 of recipe

Yield: 8 servings

### Ingredients:

- 2 tsp. olive oil or canola oil
- 1 cup chopped onion
- 4 large carrots, sliced
- 2 celery stalks, diced
- 6 cups water
- 1 pound dry lentils - washed, soaking not necessary
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 1 teaspoon salt
- 1 can (16 ounce) canned tomatoes: diced or stewed, etc.
- 1 cup corn, frozen or canned (drained)

### Instructions:

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

Nutrition Facts			
Serving Size 1/8 of recipe (394g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 270</b>	<b>Calories from Fat 30</b>		
% Daily Value*			
<b>Total Fat 3.5g</b>	<b>5%</b>		
Saturated Fat 2g	<b>10%</b>		
Trans Fat 0g			
<b>Cholesterol 10mg</b>	<b>3%</b>		
<b>Sodium 430mg</b>	<b>18%</b>		
<b>Total Carbohydrate 44g</b>	<b>15%</b>		
Dietary Fiber 20g	<b>80%</b>		
Sugars 6g			
<b>Protein 16g</b>			
Vitamin A 160%	Vitamin C 20%		
Calcium 8%	Iron 30%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4