

## LENTIL STEW

*There's just something about these cold winter days that make us crave soups and stews. Try this lentil stew that's packed with veggies and fiber! It cooks in one soup pot and makes a generous 8 servings. Serve it with some crusty bread – try whole wheat bread for some extra fiber!*

Yield = 8 servings (1 ½ cup serving size)

### Ingredients

- 2 tablespoons **olive oil**
- 1 **yellow onion**
- 4 **carrots**
- 4 stalks **celery**
- 2 pounds **potatoes**
- 4 cloves **garlic**
- 1 cup **brown lentils**
- 1 teaspoon **dried rosemary**
- ½ teaspoon **dried thyme**
- 2 tablespoons **Dijon mustard**
- 1 ½ tablespoons **soy sauce** (low sodium, if possible)
- 6 cups **vegetable broth** (low sodium, if possible)
- 1 cup **frozen peas**

### Instructions

1. Heat the olive oil in a soup pot over medium heat. Dice the onion and add to the pot and sauté. While the onion is sautéing, dice the celery, then add it to the pot and continue sautéing. Mince the garlic and set aside. Peel and chop the carrots into half circles and add the carrots to the pot and continue to sauté.
2. While the onion, celery, and carrots are sautéing, peel and cube the potatoes into 1-inch pieces. Add the potatoes to the pot along with the garlic, lentils, rosemary, thyme, Dijon mustard, soy sauce, and vegetable broth. Stir the ingredients to combine.
3. Place a lid on the pot, turn the heat to high, and bring the stew to a boil. When it reaches a boil, turn the heat to low and let it simmer for 30 minutes, stirring occasionally.
4. Towards the end of the simmer time, when the potatoes are very soft, begin to mash the potatoes as you stir. This will help thicken the stew. After the 30 minutes of simmering, stir in the frozen peas and allow them to heat through. Serve in bowls.

Per serving: Calories 268, Saturated Fat 0.9 g, Sodium 333 mg, Sugars 5.6 g



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