

Lentil Stew

Ingredients:

- 1 tablespoon margarine
- 1 onion
- 1 pound lentils
- 6 cups water
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 8 carrots
- 6 celery stalks
- 15 ounces low sodium tomatoes, canned

Equipment:

- Large Saucepan with lid
- Cutting board
- Knife
- Measuring cups
- Measuring spoons

Number of Servings: 8
 Prep Time: 15 minutes
 Total Time: 1.5 hours

Directions

1. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces.
2. Melt margarine in large sauce pan on medium heat until melted.. Add onions and cook until tender.
3. Rinse lentils. Add lentils, water, Worcestershire sauce, oregano, and garlic powder.
4. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
5. While lentils are cooking, Wash carrots and place them on a cutting board. Cut off both ends. Starting at the small end, slice into thin slices. Set aside.
6. Wash celery stalks and lay them on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Set aside.
7. Add carrots and celery to lentils after 45 minutes. Cover and simmer 30 minutes more or until the vegetables are tender.
8. Add tomatoes. Heat thoroughly and serve.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 257	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 91mg	4%
Potassium 983mg	28%
Total Carbohydrate 45g	15%
Dietary Fiber 21g	84%
Protein 18g	36%
Vitamin A 414%	Vitamin C 37%
Iron 33%	Calcium 9%

*Percent Daily Values are based on a 2,000 calorie diet.

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