



Eat Well

Lentil Stew

Directions

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

Servings: 8

Ingredients

- » 2 Tbsp butter
- » 1 cup onion (chopped)
- » 6 cups water
- » 2 cups lentils (dry, washed, soaking not necessary)
- » 1 tsp Worcestershire sauce
- » ½ tsp oregano
- » ¼ tsp garlic powder
- » 6 carrots (large, cut into ½ inch pieces)
- » 8 small celery stalks
- » 1 tsp salt
- » 3-4 fresh tomatoes cut into wedges (or 16oz can whole tomatoes cut into pieces)

Nutrition information per serving:

Calories: 270, Fat: 4g, Protein: 16g,
Carbohydrates: 44g, Sodium: 450mg

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Source: University of Wisconsin Cooperative
Extension Service

