



Vegetarian Lentil Stew

Serves four

- 1-10 oz. bag brown lentils
- 2 celery stalks – sliced (remove fiber from the back first)
- 2 medium carrots – peeled and diced
- 1 medium yellow onion -- finely chopped
- 3 garlic cloves -- minced
- ½ cup Italian parsley -- chopped
- 2 tablespoons tomato paste
- ½ cup dry sherry
- 4 cups water
- Salt & Pepper
- 1 TBS olive oil

Rinse the lentils well making sure to remove any little pebbles out of it. You will need to use several changes of water.

Coat the bottom of a pan with olive oil. Add the onion and cook, stirring occasionally, until translucent and softened – about 6 to 8 minutes. Add the celery and carrots and mix well. Cook for about 5 minutes until the veggies are softened.

Add ½ the parsley and all the minced garlic. Cook for approximately 1 minute until you can smell the garlic. Add the tomato paste and mix well. Cook for another minute.

Add the lentils, the water and the sherry. Mix well and season with salt and pepper to taste.

Bring lentils to a boil. Cover pan and simmer for approximately an hour or until the lentils are completely softened. You will need to stir lentils occasionally and add water as needed. The stew will dry up as lentils cook and re-hydrate. When lentils are cooked adjust your salt & pepper. Serve with brown rice and garnished with remaining parsley.

CALORIES 202.56; FAT 4.17 grs (sat 0.58; mono 2.57; poly 0.65); PROTEIN 8.19 grs ; FIBER 2.86 grs; CARBS 27.25 grs; CHOLESTEROL 0.00 mg; IRON 3.77 mg; SODIUM 704.86 mg; CALCIUM 80.04 mg