

Lentil Vegetable Stew



Prep:

10 minutes

Total:

45 minutes

Makes:

4 - 5 quarts, about 16 - 20 1-cup servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

Rate ★★★★★

Recipe:

Contributed By:

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Recipe Description:

This recipe is a class favorite! It's delicious, filling and very healthy for you.

It is virtually fat-free, with less than 1 gram of fat per 1 cup serving. It's also very high in protein and fiber, with about 6 grams of each per serving. Lentils (like other beans) are a great source of iron and calcium as well.

4 carrots, waffled on Cone #5
8 ounces
mushrooms (button or baby bellas), sliced on Cone #4
(227
g)
1 onion, sliced on Cone #4
4 stalks
celery, sliced on Cone #4
4 cloves
garlic, shredded on Cone #1
1 ½ cups
diced tomatoes (or one 14.5-ounce can)
1 cup
red lentils, uncooked and rinsed
(192
g)
1 tablespoon
dried oregano

(3
g)
1 cup
salsa
(259
g)
5 cups
vegetable broth
(1.2
L)

Directions:

1. Preheat roaster over medium heat.
2. Cut carrots, mushrooms, onion, celery and garlic directly into roaster and let cook for 2 - 3 minutes.
3. Add all remaining ingredients and cover.
4. When the Vapo-Valve™ clicks, reduce heat to medium-low. Cook for 35 minutes, or until lentils are tender.
5. Serve over freshly cooked brown rice.

Nutritional Information per

▼ Serving

Calories: 105
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 865mg
Total 21g
Carbs:
Dietary Fiber: 6g
Sugar: 5g
Protein: 7g