

## Potato and Pear Stew



### Prep:

5 minutes

### Total:

50 minutes

### Makes:

8 servings, approximately 12 cups total/3.1kg total

### Utensil:

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

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### Recipe:

### Contributed By:

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### Recipe Description:

This delicious stew is packed with fiber and antioxidants to help boost the immune system in winter months. It is very filling and almost fat-free!

1 ½ cups  
dried red lentils  
(288  
g)  
1 ½ cups  
tomatoes, diced  
(270  
g)  
4 cloves  
garlic, shredded, use Cone #1  
1 small Jalapeño pepper, shredded, use Cone #1  
6 cups  
vegetable broth  
(1.4  
L)  
1 teaspoon  
ground black pepper  
(5  
mL)  
¼ teaspoon  
salt  
(1.25  
mL)

2 pears, strung, use Cone #2

**Directions:**

1. In a roaster, sauté onions and carrots over medium heat for 5 minutes.
2. Add remaining ingredients, except pears, and cover.
3. When Vapo-Valve™ clicks, reduce heat to low and continue cooking for 45 minutes, until potatoes are fork-tender.
4. Remove cover, add pears and continue simmering for 5 minutes.

Nutritional Information per

▼ Serving

**Calories:** 253  
**Total Fat:** 2g  
**Saturated Fat:** 1g  
**Cholesterol:** 1mg  
**Sodium:** 879mg  
**Total** 48g  
**Carbs:**  
**Dietary Fiber:** 12g  
**Sugar:** 5g  
**Protein:** 11g