

## Red Lentil & Vegetable Stew



### Makes:

6 - 8 servings

### Utensil:

Saladmaster Food Processor

1 ½ Qt./1.4 L Sauce Pan with Cover

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### Recipe:

### Contributed By:

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### Recipe Description:

Red lentils are a rich source of protein and iron. They are easier to digest and require no presoaking, which makes them a good first legume to introduce to older babies and toddlers. Add a handful of red lentils to soups for added thickness and protein. This stew freezes well and is a nice family meal.

1 small  
onion, strung, use Cone #2  
1 clove garlic, shredded, use Cone #1  
3 carrots, trimmed, scrubbed and processed, use Cone #3  
½ teaspoon  
sea salt  
(3  
g)  
½ teaspoon  
dried basil or Italian herb blend  
(1  
g)  
1 tablespoon  
tomato paste  
(16  
g)  
1 cup  
red lentils  
(208  
g)  
2 ½ cups  
vegetable or chicken stock  
(600  
ml)  
¼ cup  
parsley leaves, chopped  
(11  
g)  
grated Parmesan cheese (optional)

grass fed butter (optional)

**Directions:**

1. Preheat sauce pan over medium heat. When several drops of water sprinkled in sauce pan skitter and dissipate, add onions, garlic and carrots. Sauté for 3 - 4 minutes until onions start to soften and brown slightly.
2. Add salt, basil and tomato paste. Stir to combine and cook for an additional 2 minutes to lightly brown tomato paste.
3. Add red lentils and stock. Stir to combine and place cover on sauce pan.
4. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 60 minutes or until lentils and vegetables are soft. Add a few tablespoons of stock or water if it gets too thick.
5. Add chopped parsley and stir to combine.
6. Serve stew as is or puree until smooth for a younger baby.
7. Top stew with grated parmesan cheese and grass fed butter.

**Tips:**

- Add more seasonal vegetables to stew, such as grated zucchini, yellow squash, sweet potato, peas or minced green beans.

Nutritional Information per	
▼ Serving	
Calories:	157
Total Fat:	1g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	600mg
Total	28g
Carbs:	
Dietary Fiber:	11g
Sugar:	4g
Protein:	9g
Nutritional analysis does not include optional ingredients	