

Lentil and Potato Stew

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | diced

2 **carrots** | peeled and diced

2–3 **Yukon gold potatoes** (approximately 1 lb) | cut into 1-inch cubes—peeled if desired

FROZEN PRODUCE

1 10-ounce package of **frozen spinach**

PANTRY

1 cup **brown lentils** | rinsed and picked over

4 cups of **chicken or vegetable broth**

SPICES AND OILS

2 tablespoons **olive oil**

1 **bay leaf**

1 teaspoon **garlic powder**

1 teaspoon **thyme**

EQUIPMENT



Cutting board



Vegetable peeler



Spatula or spoon



Measuring spoons



Knife



1 large pot




Measuring cups


MIX IT UP AND MAKE IT YOUR OWN

- Adding meatless meals to your weekly routine is not only great for your health, but also your budget. We encourage you to try this recipe with lentils. You can use brown, black or green. Red lentils will not hold up to the cooking process. If lentils are not for you, you can choose to use ground turkey or chicken in their place. Add the turkey or chicken to the pan after your carrots and onions and allow it to brown before adding the broth and tomatoes.
- Any type of potato will work for this recipe. Choose what is available to you.
- Bulk up the veggies in this dish by adding diced green peppers, zucchini or mushrooms.
- Make this dish your own by choosing spices that you like.

Directions

- 1 Defrost **spinach** by placing in the microwave for 1–2 minutes.
- 2 Prepare vegetables.
- 3 Heat a large pot over medium-high heat and add **olive oil** to coat the bottom. Add **onions and carrots** to the pot.

 Allow to cook for 3–5 minutes, until the onions become translucent.
- 4 Next, add the **broth, potatoes, spinach and spices** to the pot. Bring to a boil and add the **lentils**. Reduce to a simmer.

 Cook for 20–25 minutes or until the lentils and potatoes are tender.
- 5 Adjust seasoning as desired. Enjoy!
- 6 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
Serving size
1 each

Calories
per serving **330**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8g	10%	Total Carbohydrate 52g	19%
Saturated Fat 1g	5%	Dietary Fiber 10g	36%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 75mg	3%	Protein 16g	

Vitamin D 0mcg 0% • Calcium 120mg 10% • Iron 5.5mg 30%
Potassium 1040mg 20% • Phosphorus 240mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: POTATO, SPINACH, BROWN LENTIL, OLIVE OIL, GARLIC POWDER, THYME, BAY LEAVES, CHICKEN BROTH, CARROT, ONION