

# Tomato-Braised Lentils with Potatoes

SERVES 4

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## Ingredients

### FRESH PRODUCE

1 **small onion** | diced

2-3 **Yukon gold potatoes** (approximately 1 lb) | cut into 1-inch cubes, peel if desired

2 **carrots** | peeled and diced

### CANNED

1 28-ounce can of **diced tomatoes**

### SPICES AND OILS

3 cups **water**

2 tablespoons **olive oil**

1 **bay leaf**

1 teaspoon **garlic powder**

1 teaspoon **oregano**

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

## 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. Add the turkey or chicken to the pan after your carrots and onions and allow it to brown before adding the broth and tomatoes.
- The recipe calls for Yukon gold potatoes. However, you can choose any potato that is accessible for you.
- Bulk up the veggies in this dish by adding zucchini, mushrooms, diced eggplant or a block of frozen spinach. Choose what you like and what is available to you.
- Make this dish your own by choosing spices that you like.

# Directions

- 1 Prepare vegetables.
- 2 Heat a large pot over medium-high heat and add **olive oil** to coat the bottom. Add **onions and carrot** to the pot.
 

 Allow to cook for 3–5 minutes, until the onions become translucent.
- 3 Add the **tomatoes, water, lentils, potatoes and spices** to the pot. Bring to a boil and reduce for a simmer.
 

 Cook for 20–25 minutes or until the lentils and potatoes are tender, adding water in ½ cup increments if the braise begins to dry out.
- 4 Adjust seasoning with salt and pepper as desired. Enjoy!
- 5 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

## NOTES

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## Nutrition Facts

1 serving per container  
Serving size  
1 each

**Calories** **360**  
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>	<b>Total Carbohydrate</b> 58g	<b>21%</b>
Saturated Fat 1g	5%	Dietary Fiber 12g	41%
Trans Fat 0g		Total Sugars 8g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>	<b>Protein</b> 16g	

Vitamin D 0mcg 0% • Calcium 90mg 6% • Iron 4.8mg 25%  
Potassium 1190mg 25% • Phosphorus 260mg 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:** TOMATO [VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% CALCIUM CHLORIDE, CITRIC ACID], WATER, POTATO, BROWN LENTIL, OLIVE OIL, GARLIC POWDER, OREGANO, BAY LEAVES, CARROT, ONION