



## Lentil Stew



Quick Version of this Recipe

You can play around with different types of lentils in this stew - try red, yellow, or brown lentils.

Prep Time: 15 minutes

### Nutrition Facts

Serving Size: 1 cup

Calories	Carbohydrate	Protein	Fat	Saturated Fat
165	27 g	10 g	3.0 g	0.4 g
Sugars	Dietary Fiber	Cholesterol	Sodium	Potassium
6 g	10 g	0 mg	160 mg	805 mg

This Recipe Serves 6

### Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 stalks celery, diced
- 3 small or 2 medium carrots, peeled and diced
- 1 jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 1 cup dried lentils
- 4 cups low sodium vegetable broth
- 1 cup water
- 1 bay leaf
- ½ teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- 4 cups fresh baby spinach

### Instructions

1. Add oil to a soup pot over medium high heat. Add the onion, celery, carrots, and jalapeno pepper and sauté until the onions turn clear, about 5 minutes.
2. Add the garlic and sauté 1 additional minute.
3. Stir in the lentils and add the vegetable broth and water.
4. Add the bay leaf, salt (optional), and ground black pepper. Bring to a boil. Then, reduce to a simmer. Simmer, covered, for 40 minutes.
5. Remove the bay leaf and stir in the spinach until the spinach is wilted.