Lentil Stew

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Fat</th>
<th>Saturated Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>165</td>
<td>27 g</td>
<td>10 g</td>
<td>3.0 g</td>
<td>0.4 g</td>
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</tbody>
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Sugars: 6 g
Dietary Fiber: 10 g
Cholesterol: 0 mg
Sodium: 160 mg
Potassium: 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
1/2 teaspoon salt (optional)
1/4 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.