

Spiced Moroccan Lentil and Chickpea Stew

Recipe Type: Entree

Serves: 8

Prep Time: 10 minutes

Cooking Time: 35 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

- 1 large onion
- 1 large carrot
- 2 stalks celery
- 2 large garlic cloves
- 1-14 oz can chickpeas, no salt added
- 1-14 oz can diced tomatoes, no salt added
- 1 T olive oil
- ½ t paprika
- ½ t ground cumin
- 7 oz split red lentils
- 2C Water
- 2C reduced-sodium vegetable stock
- 1 lemon
- 1 t salt
- 1 t pepper

What to do:

1. Wash your hands.
2. Dice the onion, carrot, and celery.
3. Mince the garlic cloves.
4. Drain and rinse the chickpeas.
5. Drain the can of chopped tomatoes
6. Heat the olive oil in a heavy-bottomed pot over medium heat. Add the onion, carrot, and celery and cook for about 5 minutes, stirring occasionally, until soft and translucent.
7. Stir in the garlic and cook for another minute until fragrant, then add the paprika and ground cumin and cook for a further 30 seconds.
8. Next, stir in the chopped tomatoes, red lentils, chickpeas, water, and vegetable stock. Bring to a boil, then lower the heat and simmer for 15-20 minutes, stirring occasionally.
9. Cut the lemon in half and juice one half of the lemon.
10. Stir in the lemon juice and season with salt and pepper to taste. Serve topped with lemon wedges, from the other half of the lemon and enjoy!



Nutrition Facts

8 servings per container

Serving size 1 Cup (239g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 30g 11%

Dietary Fiber 8g 29%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 46mg 4%

Iron 2mg 10%

Potassium 318mg 6%

*The % Daily Value 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.

FK= 3.5