



# LOVEABLE LENTIL STEW

 4 servings

 45 minutes

HEALTHY RECIPE FOR THE WHOLE FAMILY



## DIRECTIONS

Rinse the lentils, set aside. Place the onion, carrot, and celery in a large saucepan or soup pot with 2 tablespoons olive oil. Sauté gently on low heat until the vegetables are very soft and the onion is somewhat translucent, but not colored. Add garlic and thyme, sautéing for 1 minute or until aromatic. Then add the drained lentils, coating them in the mixture. Now add the water and greens (if using spinach wait until lentils are completely cooked before adding). Bring to a boil and then turn the heat down to a gentle simmer. Cook until the lentils are tender but retain their shape (20-30 minutes). Keep checking them and add more water if necessary. Add salt to taste only once the lentils are tender, otherwise they will remain tough. Serve with fresh seed bread or homemade naan!

## INGREDIENTS

- 2 T Olive oil
- 1 Onion, finely chopped
- 1 Carrot, chopped
- 1 Celery stalk, chopped
- 3 Garlic cloves, fresh and minced
- 1 ¼ C dried brown or french green lentils
- 1 tsp Thyme, dried
- 5 C Water
- 2 C Greens, chopped (kale, collards or spinach)
- 1 tsp Sea salt

NUTRITIONAL FACTS: Serving Size 1.5 cups | Calories 130Kcal | Carbohydrates 19.8g | Protein 2g | Potassium 529 mg | Vitamin A 152mcg | Vitamin C 14mg | Calcium 84mg | Iron 3.40mg |

## More Nutritional information

Lentils are nutritional powerhouses, offering benefits like improved heart health (lowering cholesterol/blood pressure), better blood sugar control (due to fiber/low GI), weight management (satiety), and reduced chronic disease risk (antioxidants, anti-inflammatory). They are rich in plant-based protein, fiber, iron, folate, potassium, and magnesium, making them great for digestion, immunity, energy, and muscle health, while being naturally gluten-free.

Onions are packed with flavonoids like quercetin, which combat free radicals, reduce inflammation, lower blood pressure, and may protect against chronic diseases. Compounds in onions can help lower cholesterol, control blood pressure, and reduce the risk of heart disease. They contain prebiotics (like fructans) and fiber that feed beneficial gut bacteria, promoting healthy digestion and regularity. Certain compounds may help lower blood sugar levels, benefiting people with diabetes

Carrots are high in beta-carotene, which the body converts to Vitamin A, crucial for good vision and preventing age-related macular degeneration. Potassium helps regulate blood pressure, while soluble fiber (pectin) and antioxidants can lower cholesterol and reduce heart disease risk. Antioxidants (carotenoids) fight free radicals, potentially lowering the risk of colon, prostate, and stomach cancers. Low glycemic index and fiber help slow sugar absorption, beneficial for diabetes management.

Garlic offers numerous health benefits, primarily from allicin, including boosting immunity, improving heart health (lowering blood pressure and cholesterol), and providing antioxidant protection against cell damage, which may reduce risks for some cancers and chronic diseases like Alzheimer's. It also supports gut health as a prebiotic, fights infections (bacteria, viruses, fungi), helps manage blood sugar, and can improve athletic performance.

Thyme contains thymol, an agent that fights bacteria, viruses, and fungi, and is used in some disinfectants. Relaxes gastrointestinal muscles, easing bloating, indigestion, and gas. May reduce inflammation in conditions like arthritis and COPD, and can help with skin issues like acne and eczema. It may support normal blood pressure and cholesterol levels.