

Slow Cooker Lentil Stew

This lentil stew is full of wholesome vegetables and provides protein and fiber. Although it cooks for several hours in a slow cooker, the "hands on" preparation time is low.

Makes: 8 servings

Ingredients

- 2 tablespoons olive oil
- 1 large onion, sliced
- 3 cloves garlic, minced
- 2 bay leaves
- 2 teaspoons salt?(optional)
- 1 cup carrot, chopped
- 2 cups kale, chopped
- 2 cups Swiss chard, chopped
- 2 cups dried lentils
- 8 cups low-sodium vegetable broth?(or stock)
- 1 can low-sodium chopped tomatoes (14.5 ounces)
- 8 teaspoons plain yogurt?(optional)



Directions

1. Heat a saucepan to medium heat and add oil. Sauté onion and garlic until softened.
2. Combine onion and garlic with the rest of the ingredients in a slow cooker.
3. Cook on low for 8 hours or high for 4 hours.
4. Spoon lentil stew into bowls to serve and top with a dollop of plain yogurt, if desired.

Recipe from: Del Norte (California) Department of Health and Human Services and University of Kentucky Expanded Food and Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.

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