



# Hearty Spanish-Style Lentil & Veggie Stew



## Ingredients



- 1 cup green lentils; picked over and rinsed
- 1 large onion-chopped (a little over a cup)
- 5 Tbsp. extra virgin olive oil
- 1 can of diced tomatoes, 15 ounces
- 2 cups carrots cut into 1/4 inch pieces
- 1 green pepper, diced to about 1/2 inch pieces (about 1 cup)
- 1 yellow pepper, diced to about 1/2 inch pieces (about 1 cup)
- 1 red pepper, diced to about 1/2 inch pieces (about 1 cup)
- 3 Tbsp. sherry vinegar, plus extra for seasoning
- 3 Tbsp. fresh parsley, minced
- 6 cups water and extra if needed
- 2 bay leaves
- 1/8 tsp. ground cloves
- 3 garlic cloves, minced
- 1 Tbsp. flour
- 2 Tbsp. Spanish paprika



Yield: 8 servings  
Serving Size: 1 cup

## Directions



1. Place lentils and 2 tsp. salt in heatproof container (e.g. glass, metal).
2. Cover with boiling water, approximately 4 cups and soak for 30 minutes.
3. In a stock pot, sauté the diced onion in 2 Tbsp. olive oil.
4. Reduce the heat and add the carrots, peppers, canned tomatoes, 1 Tbsp. parsley and 1 tsp. salt along with any additional veggies. Cook until the veggies are soft, but not brown. This may take 20-25 minutes.
5. Drain and add lentils and sherry vinegar to veggies. Turn to medium heat and cook until the vinegar begins to evaporate.
6. Add the water, bay leaves, and cloves.
7. Bring to simmer and cook about 30 minutes.
8. In a separate pan, heat the rest of the olive oil; add paprika, garlic and flour and pepper. Cook stirring constantly until fragrant, about 2 minutes.
9. Remove the bay leaves and stir in paprika roux into stockpot. Cook until flavors blend and the soup thickens.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Add any vegetables you have on hand. This is an easy recipe to substitute within food groups!
- Use dried parsley if you don't have fresh—but only add 1 tsp. of dried and add more if necessary.

## Nutrition Facts



<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 6g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 3.06mg	15%
Potassium 564mg	10%

\*The % Daily Value (DV) 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.

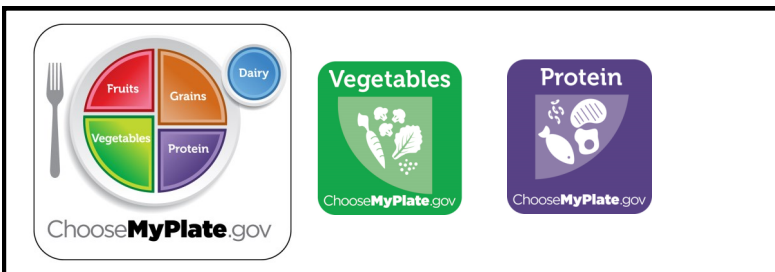
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