



The Kitchen at Second Harvest Moroccan Lentil Chickpea Stew

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Yield: 6 servings

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secondharvestkitchen.org

Ingredients

- 2 cups vegetable broth
- 2 cups water
- 28 oz can of Crushed Tomatoes
- 2 cups carrots, sliced in thin coins
- 1 cup lentils, uncooked
- 1 1/2 cups cooked chickpeas (one 15oz can drained)
- 1 Lemon
- 1 tbsp olive oil
- 1 medium yellow onion, diced
- 1 3/4 tsp cinnamon
- 3/4 tsp cumin
- 1 1/4 tsp coriander
- 1/2 tsp red pepper flakes
- 1 1/2 tsp salt
- 1 1/2 tsp mined garlic

Directions

- In a large pot, add the olive oil and heat until shimmering. Add the onions and saute for 10 minutes on medium-low.
- Stir in the cinnamon, cumin, coriander, red pepper flakes and sea salt. Add the garlic. Stir until fragrant, about 2 minutes.
- Pour in the broth, water, tomatoes, carrots, and lentils. Stir. Bring to a boil, then turn to medium low and simmer for 25 minutes.
- Add the chickpeas and simmer for another 10 minutes or until the lentils are tender and chickpeas are cooked through. If a thinner stew is desired add more vegetable broth 1/2 C at a time. Remove from heat and squeeze 1/2 a lemon over the stew. Add salt to taste.



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- Canned coconut milk or greek yogurt





Directions

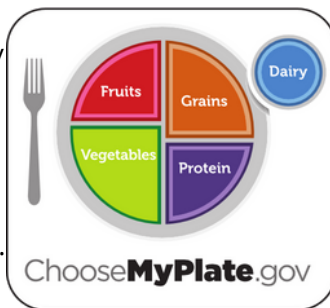
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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

-  Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.
-  The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.
-  **Protein** includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.
-  Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



Nutrition Facts

Nutrition Facts	
6 servings per container	
Serving size	
Amount Per Serving	
Calories	340
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 1330mg	58%
Total Carbohydrate 60g	22%
Dietary Fiber 21g	75%
Total Sugars 15g	
Includes 0g Added Sugars	
Protein 18g	36%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*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.	

Cooking Tips

- Garnish with coconut cream, or yogurt, lime and cilantro.





Second Harvest is an equal opportunity provider.

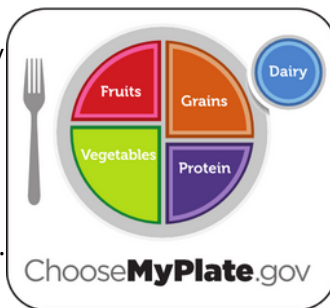


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