

National Network For Child Care (nccc.org)

LENTIL STEW

Using meatless main dishes of vegetables and carbohydrates can mean substantial food savings. The lentils in this nutritional stew don't require any soaking, since they cook faster than any other legume. Lentils aren't very colorful, so we add carrots and other bright vegetables to give them "zip."

This stew is a good source of protein, iron, vitamin A, riboflavin, and carbohydrates. The children can wash the lentils, measure the water or vegetable stock, and maybe help cut celery.

- 2 c. dried lentils, rinsed thoroughly
- 10 c. water or vegetable stock saved from cooking vegetables
- 1 medium onion, chopped
- 3 small carrots, thinly sliced
- 3 stalks of celery, thinly sliced
- 2 T. vegetable oil
- 2 bay leaves
- 1 t. salt

Mix all ingredients in a pot and cook until they are soft, about three hours. Add some grated cheddar cheese (preferably lowfat) when serving to make it even more nutritious.