

Eat Well



CURRIED VEGETABLE LENTIL STEW

Fill your kitchen with the fragrant aroma of Indian spices and dig into this hearty vegetarian stew.

Prep Time **15** min

Cook Time **25** min

Makes **6** Servings

- 10 mL (2 tsp) canola oil
- 1 red onion, chopped
- 4 cloves garlic, minced
- 60 mL (1/4 cup) chopped fresh cilantro, divided
- 15 mL (1 tbsp) minced fresh ginger or 5 mL (1 tsp) ground ginger
- 30 mL (2 tbsp) mild curry paste or powder
- 5 mL (1 tsp) garam masala
- 30 mL (2 tbsp) all purpose flour
- 625 mL (2 1/2 cups) sodium reduced vegetable broth
- 2 yellow fleshed potatoes, diced (about 300 g/10 oz total)
- 1 red bell pepper, chopped
- 180 g (6 oz) fresh or frozen green beans, chopped
- 1 can (540 mL/19 oz) sodium reduced lentils, drained and rinsed

1. In a large shallow saucepan or Dutch oven, heat oil over medium heat. Cook onion, garlic, half of the cilantro, ginger, curry paste and garam masala for about 3 minutes or until softened. Stir in flour until absorbed. Slowly pour in broth, stirring until combined.

2. Add potatoes, pepper, beans and lentils and bring to a simmer. Cover and cook, stirring often, for about 20 minutes or until potatoes are tender. Sprinkle with remaining cilantro before serving.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER SERVING % DV

Calories	213	-
Fat	3 g	5 %
Saturated + Trans	0 g	2 %
Cholesterol	0 mg	-
Sodium	425 mg	18 %
Carbohydrate	39 g	13 %
Fibre	7 g	28 %
Sugars	6 g	-
Protein	10 g	-
Vitamin A	-	22 %
Vitamin C	-	86 %
Calcium	-	6 %
Iron	-	34 %

TIPS

- Look for garam masala in the spice aisle of the grocery store. It is also available in sections of bulk, health or natural food stores.
- Like it spicy? Use a medium or hot curry paste or powder.
- Once you've made this recipe, play around with different vegetable combinations. Try some sweet potatoes or squash instead of potatoes, or replace the green beans with some baby spinach.