

Curried Lentils and Vegetables

Ingredients:

- 1 cup lentils, dry green, rinsed and drained
- 2 cup water
- 1 onion, medium, chopped
- ¼ cup currants or raisins
- 1 tsp. bottled minced garlic
- ½ tsp. curry powder
- ¼ tsp. salt
- ¼ tsp. black pepper
- 8 oz. package cut green beans, frozen, no-salt-added
- 4 carrots, peeled and sliced ½ inch thick



Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 4

Amount Per Serving

Calories 250 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 48g **16%**

Dietary Fiber 12g **48%**

Sugars 15g

Protein 12g

Vitamin A 210% • Vitamin C 15%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. In a large saucepan, combine lentils, water, onion, currants or raisins, garlic, curry powder, salt and pepper.
2. Bring to a boil over high heat. Reduce heat, cover and simmer for 20 minutes.
3. Add green beans and carrots.
4. Cover and simmer 15-20 minutes more until lentils and vegetables are tender, stirring occasionally.