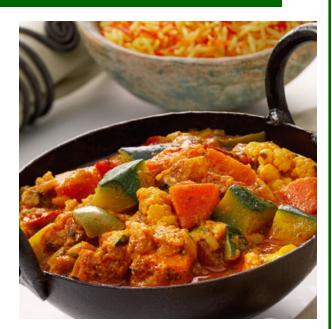


Curried Lentils and Vegetables

Ingredients:

 cup lentils, dry green, rinsed and drained
cup water
onion, medium, chopped
cup currants or raisins
tsp. bottled minced garlic
tsp. curry powder
tsp. salt
tsp. black pepper
oz. package cut green beans, frozen, no-saltadded

4 carrots, peeled and sliced 1/2 inch thick







Nutrition Facts Serving Size 1 1/2 cup (340g)

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

Cal	ories fro	m Eat 10
		in Fat it
	% D	aily Value)
		2%
0g		0%
g		0%
		8%
rate	48g	16%
12g		48%
	V (it a sector	0.450(
•		
•	Iron 20%	6
may l	be higher or	
than than than than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
	rate 12g • • • • • • • • • • • • • • • • • • •	• Vitamin • Iron 209 are based on a 2 may be higher or orie needs: rifes: 2,000 than 65g than 20g than 300mg 300g

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.