

Stewed Lentils

Ingredients:

1 cup dry red lentils
 1 yellow onion, chopped
 4 garlic cloves, crushed
 ¼ tsp ground allspice
 1 celery stalk, chopped
 1 tsp fresh thyme
 2 Tbs fresh cilantro
 1 tsp ground cloves
 1 tsp sugar
 ½ tsp ground cumin
 1 cup unsweetened coconut milk
 1 cup water
 ½ tsp black pepper
 3 Tbs oil
 ½ tsp all purpose seasoning
 1 cup pumpkin, chopped



Nutrition Facts

8 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0.3mcg	2%
Calcium 50mg	4%
Iron 2.2mg	10%
Potassium 260mg	6%

*The % Daily Value 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.

Directions:

1. Soak the lentils for at least 30 minutes.
2. Add oil to a Dutch pot over medium heat.
3. Add garlic, onions, cumin, celery, thyme, and cilantro and cook for 2 minutes.
4. Add the soaked and drained lentils and continue cooking for 5 minutes. The lentils will begin to burst.
5. Add all remaining ingredients, lower heat to medium-low, cover and simmer for 30 minutes or until lentils are tender.
6. Serve.

For more information contact The Living Whole
 Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.