

A Kansas SNAP-Ed *EZ Does it* Recipe

Curried Lentil and Chickpea Stew



Servings: 4

Ingredients:

- 2 tablespoons olive oil
- 2 carrots, chopped
- 2 ribs celery, chopped
- 1 onion, chopped
- 2 teaspoons curry powder
- ½ cup long-grain brown rice
- 2 cans (14-oz. ea.) no-salt-added diced tomatoes with liquid
- 1½ cups low-sodium vegetable broth
- 1 cup dried green lentils
- Salt and pepper, optional
- 1 can (15.5-oz.) chickpeas, drained



Directions:

1. Warm oil in a large skillet over medium-high heat. Add carrots, celery and onion and cook, stirring often, until softened, 3 to 5 minutes.
2. Stir in curry powder and sauté until blended and fragrant, about 1 minute.
3. Add rice and stir to coat. Stir in tomatoes and broth. Bring to a simmer, then pour into slow cooker.
4. Stir in lentils and season with salt and pepper. Cover and cook on low for 4 hours.
5. Add chickpeas, cover and cook until lentils and rice are tender, about 1 hour longer. (If stew looks dry when you add chickpeas, add more broth.)
6. Season to taste before serving.

Nutrition Facts: Each one cup serving provides 442 Calories, 10g Total Fat, 1g Saturated Fat, 1296mg Sodium, 74g Total Carbohydrate, 14g Dietary Fiber, 18g Protein

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