



Lentil, Sweet Potato and Apple Stew

Shine 365
Marshfield Clinic

PREP TIME: 20 minutes • COOK TIME: 50 minutes • SERVINGS: 2

INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 teaspoons coriander
- 1 teaspoon paprika
- 2 celery stalks, cut into chunks
- 1 sweet potato, peeled and cut into 1-inch chunks
- 3½ ounces dried lentils
- 2 to 3 small yellow squash, cut into chunks
- 1 to 2 Granny Smith apples, peeled, cored and cut into large chunks
- ½ teaspoon sea salt
- ½ teaspoon ground pepper
- 1½ cups low sodium vegetable broth

INSTRUCTIONS

Heat oil on medium-high in a large heavy pot. Add onion and cook five minutes until softened and starting to turn golden. Add garlic, coriander and paprika, and cook for one minute. Add celery, sweet potato, lentils, squash and apples; stir for one to two minutes. Add salt and pepper.

Pour in vegetable broth, cover, bring to boil, and then simmer gently for 35 to 40 minutes until lentils are soft and cooked through.

NUTRITION INFORMATION

Each serving contains about 410 calories; 20 g protein; 67 g carbohydrates; 9 g fat.

Source: Active.com

Find more recipes at shine365.marshfieldclinic.org