

Red Lentil & Vegetable Stew



Sirve:

6 - 8 servings

Pieza:

Saladmaster Food Processor

1 ½ Qt./1.4 L Sauce Pan with Cover

Valora: ☆☆☆☆☆

Contribuido por:

Cathy Vogt

Certified Health Coach & Natural Foods Chef

[Agregar un Comentario](#)

Descripción de la Receta:

Red lentils are a rich source of protein and iron. They are easier to digest and require no presoaking, which makes them a good first legume to introduce to older babies and toddlers. Add a handful of red lentils to soups for added thickness and protein. This stew freezes well and is a nice family meal.

1 small
onion, strung, use Cone #2
1 clove garlic, shredded, use Cone #1
3 carrots, trimmed, scrubbed and processed, use Cone #3
½ teaspoon
sea salt
(3
g)
½ teaspoon
dried basil or Italian herb blend
(1
g)
1 tablespoon
tomato paste
(16
g)
1 cup
red lentils
(208
g)
2 ½ cups
vegetable or chicken stock
(600
ml)
¼ cup
parsley leaves, chopped
(11
g)
grated Parmesan cheese (optional)
grass fed butter (optional)

Preparación :

1. Preheat sauce pan over medium heat. When several drops of water sprinkled in sauce pan skitter and dissipate, add onions, garlic and carrots. Sauté for 3 - 4 minutes until onions start to soften and brown slightly.
2. Add salt, basil and tomato paste. Stir to combine and cook for an additional 2 minutes to lightly brown tomato paste.
3. Add red lentils and stock. Stir to combine and place cover on sauce pan.
4. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 60 minutes or until lentils and vegetables are soft. Add a few tablespoons of stock or water if it gets too thick.
5. Add chopped parsley and stir to combine.
6. Serve stew as is or puree until smooth for a younger baby.
7. Top stew with grated parmesan cheese and grass fed butter.

Consejos:

- Add more seasonal vegetables to stew, such as grated zucchini, yellow squash, sweet potato, peas or minced green beans.

Información nutricional por ración

Calorías: 157

Grasa Total: 1g

Grasa 0g

Saturada:

Colesterol: 0mg

Sodio: 600mg

Carbohidratos: 28g

Fibra 11g

Dietética:

Azúcar: 4g

Proteína: 9g

Nutritional analysis does not include optional ingredients