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Barley Lentil Stew

Ingredients:

- 2 Tablespoons butter
- 3/4 cup chopped celery
- 3/4 cup chopped onion
- 6 cups water
- 3/4 cup lentils
- 4 cups canned tomatoes,
- 3/4 cup barley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 cup shredded carrots

Makes 8 serving - 18% calories from fat

Instructions:

1. In a large pan sauté the butter, chopped celery, and chopped onion.
2. Add the water and lentils. Bring to a boil, lower temperature, cover and cook 20 minutes.
3. Add the tomatoes, barley, salt, pepper, and garlic powder, cover and simmer 45-60 minutes.
4. Add the carrots. Cover and cook 5 minutes more until carrots are tender. Serve hot.

Note:

- Use brown rice in place of barley

Nutrition Facts	
Serving Size 1 1/4 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 180	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 380mg	15%
Total Carbohydrate 32g	11%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 7g	
Vitamin A 30%	Vitamin C 20%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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