Brown Rice and Lentil Stew

Ingredients:

- ¾ cup brown rice, uncooked
- ½ cup dry lentils
- ½ cup onion, chopped
- ½ cup celery, sliced
- ½ cup sliced carrots
  (may use fresh or frozen)
- Salt and pepper to taste
- 1 clove garlic, minced
- 1 bay leaf
- 2 ½ cups chicken broth (low-sodium if you can find it)
- 1 15-oz can peeled whole tomatoes, undrained, chopped
  (low-sodium if you can find it)
- 2 cups water

(Serves 4-6)
Directions:

1. Combine all ingredients in a large saucepan or soup pot. Bring to a boil.
2. Reduce heat and simmer, uncovered for about one hour, or until the brown rice is tender. Stir occasionally.
3. Remove the bay leaf before serving.

Tips:

1. This is a great meatless stew that is low in fat but has enough protein to be a whole meal. Serve with 100% whole wheat bread.