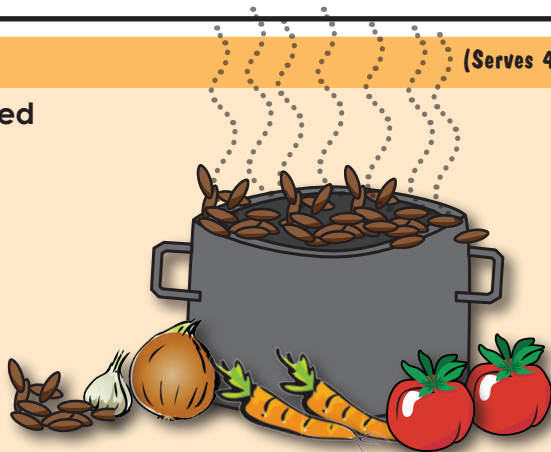


# Brown Rice and Lentil Stew

## Ingredients:

(Serves 4-6)

- $\frac{3}{4}$  cup brown rice, uncooked
- $\frac{1}{2}$  cup dry lentils
- $\frac{1}{2}$  cup onion, chopped
- $\frac{1}{2}$  cup celery, sliced
- $\frac{1}{2}$  cup sliced carrots  
(may use fresh or frozen)
- Salt and pepper to taste
- 1 clove garlic, minced
- 1 bay leaf
- 2  $\frac{1}{2}$  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



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## 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.



Child **H**Health Initiative for **L**ifelong **E**Eating & **E**Exercise