



## Lentil Stew

Yield: 8 servings

Source: [budgetbytes.com](http://budgetbytes.com)

### Ingredients:

- 2 tablespoons olive oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 4 carrots, peeled and diced
- 4 stalks celery, diced
- 4 large potatoes, peeled and cubed
- 1 cup lentils
- 1 teaspoon rosemary
- 1/2 teaspoon thyme
- 2 tablespoons Dijon mustard
- 1 1/2 tablespoons soy sauce
- 6 cups vegetable broth
- 1 cup frozen peas

### Directions:

1. In a medium stockpot, add olive oil, onion, garlic, carrots and celery and sauté 3—4 minutes.
2. Add potatoes, lentils, rosemary, thyme, mustard, soy sauce, and vegetables broth. Cover and bring to a boil. Reduce and let simmer for 30 minutes, stirring occasionally.
3. When potatoes are soft, lightly mash potatoes as you stir to thicken soup.
4. After simmering for 30 minutes, stir in frozen peas and allow to heat through. Serve.

### Nutrition information:

Serving size: 1.5 cups

Calories: 244

Fat: 4g

Sodium: 328mg

Carbohydrates: 46g

Fiber: 13g

Protein: 11g