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## Lentil Stew ♦

A hearty and nutritious stew made with lentils, vegetables, and spices. This vegetarian dish is perfect for a cozy dinner on a cold winter night.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 45 mins

**Total Time:** 60 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	Red Lentils
150 g	Carrots
150 g	potatoes
100 g	onion
2 cloves	garlic
1000 ml	vegetable broth

<b>2 tbsp</b>	tomato paste
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	Cumin
<b>1 tsp</b>	Paprika
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper
<b>10 g</b>	fresh parsley

## Directions

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### Step 1

#### Preparation

Rinse the lentils under cold water and set aside.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Chop the carrots, potatoes, onion, and garlic.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Sautéing

In a large pot, heat olive oil over medium heat. Add the chopped onion and garlic and sauté until fragrant.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 4

#### Stir-frying

Add the chopped carrots and potatoes to the pot and cook for 5 minutes, stirring occasionally.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 5

#### Cooking

Add the rinsed lentils, vegetable broth, tomato paste, cumin, paprika, salt, and black pepper to the pot. Stir well to combine.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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### Step 6

## Simmering

Bring the stew to a boil, then reduce heat to low and simmer for 15-20 minutes, or until the lentils and vegetables are tender.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Step 7

### Garnishing

Garnish with fresh parsley before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 8 g

**Protein:** 12 g

**Carbohydrates:** 35 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	100 iu	11.11%	14.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Winter Fall

### Events

Christmas

## Cuisines

Italian

## Meal Type

Breakfast

Lunch

Dinner

Snack

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Kitchen Tools

Blender

## Course

Appetizers

Main Dishes

Salads

Soups

## Difficulty Level

Medium

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