

Italian Lentil and Chestnut Stew

READY IN



45 min.

SERVINGS



4

Directions

- ☐ Pour 1 cup of boiling water over the dried porcini mushrooms and let soak for 30 minutes.
- ☐ Heat the oil in a large sauce pan.
- ☐ Add the onion, carrot and celery and saute until tender, about 10–15 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Slice the porcini mushrooms retaining the liquid.
- ☐ Add the mushrooms, their water, the lentils, water, chestnuts, balsamic vinegar, bay leaf, thyme, parmigiano reggiano rind, salt and pepper into the sauce pan and simmer covered until the lentils are al dente, about 20–30 minutes.
- ☐ Remove from heat and stir in the parsley.

Nutrition Facts

PROTEIN 0%FAT 0%CARBS 0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)