



Lentil-Barley Stew



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barley
- ☐ 0.5 lb carrots sliced
- ☐ 10 oz celery sliced
- ☐ 2 teaspoons rosemary dried
- ☐ 2.5 quarts fat-skimmed chicken broth
- ☐ 1 cup lentils
- ☐ 1 cup oven-sautéed onions and garlic
- ☐ 8 servings salt and pepper

- ☐ 2.3 lb tomatoes coarsely chopped

Equipment

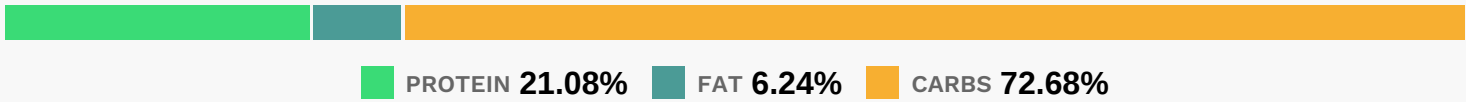
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Sort lentils, discard debris, and rinse.
- ☐ In a 6- to 8-quart pan, combine lentils, broth, celery, carrots, barley, sauted onions and garlic, and rosemary. Bring to a boil over high heat, stirring frequently. Reduce heat, cover, and simmer, stirring occasionally, 15 minutes.
- ☐ Add tomatoes, cover, and stir occasionally until lentils are tender to bite, about 15 minutes longer.
- ☐ Let cool to room temperature, about 1 1/2 hours.
- ☐ Ladle 1/2 the stew into each of 2 plastic freezer bags (1-gal. size). Seal bags and freeze (see Cold Facts below).
- ☐ Thaw 1 bag (see notes). Empty stew into a 3- to 4-quart pan and bring to a boil over high heat, stirring frequently, about 10 minutes. Season to taste with salt and pepper.
- ☐ Heat frozen foods in plastic bags in a microwave oven at 50% power just until pliable, then cook as recipe directs or empty food into a microwave-safe container, drape loosely with microwave-safe plastic wrap, and cook at full power (100%) until steaming. Note: If your microwave accepts metal, you can also quick-thaw dishes frozen in foil pans; follow manufacturer's instructions.
- ☐ Cold Facts. Packaging: freezer bags. If ingredients include liquid, set each plastic freezer bag upright in a bowl, then fill. Squeeze out all air and seal bag. For better protection of frozen foods during storage, seal each bag inside a second one.

☐ Lay bags flat in freezer until solid so they will stack.

Nutrition Facts



Properties

Glycemic Index:34.68, Glycemic Load:10.34, Inflammation Score:-10, Nutrition Score:27.35869561071%

Flavonoids

Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 242.93kcal (12.15%), Fat: 1.76g (2.71%), Saturated Fat: 0.22g (1.41%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 31.55g (11.47%), Sugar: 6.46g (7.18%), Cholesterol: 0mg (0%), Sodium: 1464.74mg (63.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.75%), Vitamin A: 5974.6IU (119.49%), Manganese: 1.31mg (65.32%), Fiber: 14.56g (58.23%), Folate: 160.15µg (40.04%), Vitamin B1: 0.49mg (32.42%), Vitamin C: 26.62mg (32.27%), Vitamin B6: 0.62mg (31.14%), Selenium: 19.75µg (28.22%), Potassium: 975.53mg (27.87%), Phosphorus: 276.56mg (27.66%), Vitamin K: 26.2µg (24.95%), Vitamin B3: 4.6mg (23.02%), Copper: 0.45mg (22.34%), Magnesium: 88.47mg (22.12%), Iron: 3.85mg (21.39%), Zinc: 2.37mg (15.82%), Vitamin B2: 0.26mg (15.18%), Vitamin B5: 1.31mg (13.13%), Calcium: 100.36mg (10.04%), Vitamin B12: 0.59µg (9.86%), Vitamin E: 1.23mg (8.23%)