






 **71%**  
HEALTH SCORE

# Ridiculously Easy Lentil and Vegetable Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN  
  
**30 min.**

SERVINGS  
  
**6**

CALORIES  
  
**239 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 15 ounce canned tomatoes diced canned
- 4 cups vegetable stock
- 15 ounce lentils cooked canned (or)
- 4 cloves garlic clove minced
- 0.5 teaspoon ground cumin
- 1 large onion chopped
- 1.3 teaspoon oregano (or regular oregano)
- 0.7 cup pumpkin canned cooked pressed ( or and water out)

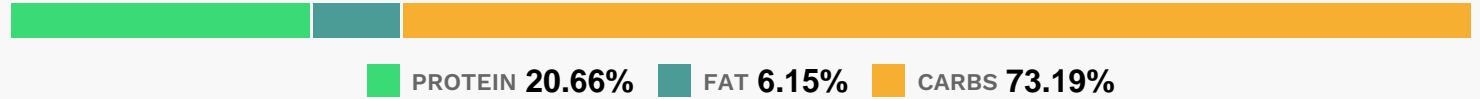
- 0.3 cup quinoa rinsed well
- 24 ounce savory vegetable fresh frozen cut in bit-sized pieces)
- 6 servings pepper black freshly ground to taste
- 0.5 teaspoon paprika smoked hot

## Equipment

## Directions

- Add the garlic and cook, stirring, for another minute.
- Add next 7 ingredients and cook until vegetables thaw and broth begins to boil.
- Add quinoa and cook on medium heat until it is tender, about 15 minutes.
- Add pumpkin and salt and pepper to taste and cook for 5 more minutes, adding a little water if it seems too thick.
- Serve hot, garnished with parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:57.28, Glycemic Load:11.04, Inflammation Score:-10, Nutrition Score:23.79826087537%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

## Nutrients (% of daily need)

Calories: 238.84kcal (11.94%), Fat: 1.76g (2.71%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 47.11g (15.7%), Net Carbohydrates: 34.16g (12.42%), Sugar: 7.2g (8%), Cholesterol: 0mg (0%), Sodium: 777.39mg (33.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.59%), Vitamin A: 7441.18IU (148.82%), Manganese: 1.07mg (53.6%), Fiber: 12.95g (51.81%), Folate: 195.73µg (48.93%), Iron: 5.29mg (29.38%), Vitamin C: 23.03mg (27.92%), Phosphorus: 278.43mg (27.84%), Copper: 0.51mg (25.37%), Potassium: 864.46mg (24.7%), Vitamin B1: 0.37mg (24.64%), Magnesium: 92.26mg (23.06%), Vitamin B6: 0.46mg (22.95%), Vitamin B3: 3.35mg (16.73%), Vitamin B2: 0.24mg

(14.3%), Zinc: 2.03mg (13.53%), Vitamin B5: 1mg (9.97%), Vitamin E: 1.47mg (9.79%), Calcium: 91.46mg (9.15%),  
Vitamin K: 8.13µg (7.75%), Selenium: 4.16µg (5.94%)