



Savoury Lentil & Bean Stew



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large carrots chopped
- ☐ 3 stalks celery sliced
- ☐ 250 g pack chestnut mushroom chopped
- ☐ 1 tsp cornflour plus a little warm water
- ☐ 400 g green lentils canned tinned
- ☐ 1 tbsp thyme leaves dried
- ☐ 2 large cloves garlic crushed
- ☐ 3 tbsp hp brown sauce

- ☐ 400 g kidney beans canned tinned
- ☐ 1 leek sliced
- ☐ 2 tbsp mustard seeds
- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 4 servings grinding of salt and pepper good
- ☐ 3 tbsp tomato purée
- ☐ 1 knorr vegetable stock pot

Equipment

- ☐ frying pan
- ☐ pot
- ☐ measuring cup

Directions

- ☐ Heat the oil in a large heavy bottomed pan and add the mustard seeds. Leave them for a couple of minutes until they start making popping sounds, then add the onion, leek, celery and garlic.
- ☐ Saute until soft.
- ☐ Add the carrots, pop the lid on and leave to cook gently for 5 minutes.
- ☐ Add the mushrooms, kidney beans, lentils and thyme. Cover again and allow to cook for a further 5 minutes, stirring occasionally.
- ☐ Add the stock pot to a measuring jug and top up with boiling water to the 400ml mark. Stir well until dissolved and then add to the pan, along with the HP sauce and tomato puree.
- ☐ Add a little water to the cornflour, to make a runny paste.
- ☐ Add this to the pot and stir well. This will help to thicken the gravy.
- ☐ Cover the pot and leave to simmer gently for 30 minutes until the vegetables are tender and the gravy is thick.
- ☐ Enjoy!

Nutrition Facts

 **PROTEIN 23.91%**  **FAT 9.98%**  **CARBS 66.11%**

Properties

Glycemic Index:72.36, Glycemic Load:16.24, Inflammation Score:-10, Nutrition Score:49.464347711076%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 578.39kcal (28.92%), Fat: 6.57g (10.1%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 97.9g (32.63%), Net Carbohydrates: 57.32g (20.84%), Sugar: 14.23g (15.81%), Cholesterol: 0mg (0%), Sodium: 679.5mg (29.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.41g (70.82%), Vitamin A: 12677.17IU (253.54%), Fiber: 40.59g (162.34%), Folate: 573.98µg (143.5%), Manganese: 2.19mg (109.7%), Vitamin B1: 1.16mg (77%), Phosphorus: 715.57mg (71.56%), Iron: 11.72mg (65.13%), Potassium: 1974.38mg (56.41%), Copper: 1.13mg (56.39%), Vitamin K: 59.1µg (56.29%), Magnesium: 195.72mg (48.93%), Vitamin B6: 0.95mg (47.36%), Selenium: 33.12µg (47.31%), Zinc: 6.69mg (44.61%), Vitamin B2: 0.68mg (40.06%), Vitamin B5: 3.63mg (36.3%), Vitamin B3: 6.79mg (33.94%), Vitamin C: 17.58mg (21.31%), Calcium: 185.2mg (18.52%), Vitamin E: 2.26mg (15.1%), Vitamin B12: 0.06µg (1.04%)