



Slow Cooker Lentil Cauliflower Stew

 Vegetarian  Gluten Free  Very Healthy  Popular

READY IN



495 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.3 tsp pepper black
- 32 oz frangelico diced with juice canned
- 2 large carrots peeled chopped
- 1 lb cauliflower chopped
- 0.5 tsp ground pepper for a milder flavor (very spicy-- add)
- 3 celery stalks chopped
- 1 tsp cumin

- 16 oz lentils dried
- 1 tbsp thyme dried fresh chopped
- 2 garlic clove chopped
- 2 tsp kosher salt to taste (or)
- 2 leek white green washed halved chopped
- 8 servings cream plain sour grated
- 1 tbsp olive oil
- 1 large onion chopped (2 cups of onion)
- 2 cups swiss chard chopped
- 8 cups vegetable broth low sodium

Equipment

- slow cooker

Directions

- Save Recipe
- Print Recipe
- Slow Cooker Lentil Cauliflower Stew
- Ingredients16 oz dried lentils1 tbsp olive oil1 large onion, chopped (about 2 cups of onion)2 garlic cloves, chopped1 lb. cauliflower, chopped into very small florets2 leeks, white and green parts only, halved, washed carefully, and chopped)2 large carrots, peeled and chopped3 celery stalks, chopped2 bay leaves1 tbsp chopped fresh thyme or 1 tsp dried thyme2 tsp kosher salt (or to taste)1 tsp cumin1/2 tsp cayenne (very spicy-- add 1/4 tsp or less for a milder flavor)1/4 tsp black pepper8 cups low sodium vegetable broth1 large can (32 oz) diced tomatoes with juice2 cups chopped kale or Swiss chard
- Optional Toppings
- Plain yogurt, herbed goat cheese, feta, crème fraîche, grated Parmesan, Greek yogurt or lowfat sour cream
- Prep Time: 15 Minutes
- Cook Time: 90 - 8 Hours

- Total Time: 105 – 8 Hours 15 Minutes
- Servings: 8–10
- Kosher Key: Pareve (or Dairy with optional add-ins)

Nutrition Facts



Properties

Glycemic Index:40.68, Glycemic Load:6.67, Inflammation Score:-10, Nutrition Score:32.559565334216%

Flavonoids

Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg Gallicocatechin: 0.08mg, Gallicocatechin: 0.08mg, Gallicocatechin: 0.08mg, Gallicocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 311.94kcal (15.6%), Fat: 5.33g (8.19%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 49.43g (16.48%), Net Carbohydrates: 28.31g (10.29%), Sugar: 5.96g (6.63%), Cholesterol: 8.4mg (2.8%), Sodium: 660.62mg (28.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.61g (37.22%), Vitamin K: 110.28µg (105.03%), Fiber: 21.12g (84.48%), Folate: 331.26µg (82.82%), Vitamin A: 4108.74IU (82.17%), Manganese: 1.11mg (55.52%), Vitamin C: 38.53mg (46.7%), Vitamin B1: 0.58mg (38.46%), Iron: 6.14mg (34.11%), Phosphorus: 325.66mg (32.57%), Vitamin B6: 0.54mg (27.06%), Potassium: 940.14mg (26.86%), Magnesium: 100.41mg (25.1%), Zinc: 3.18mg (21.2%), Copper: 0.39mg (19.49%), Vitamin B5: 1.72mg (17.19%), Vitamin B2: 0.22mg (12.86%), Calcium: 121.51mg (12.15%), Vitamin B3: 2.16mg (10.82%), Selenium: 6.37µg (9.1%), Vitamin E: 1.23mg (8.21%), Vitamin B12: 0.1µg (1.68%)