



Spicy Lentil Stew with Peppers and Onions



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ancho chiles dried (1 oz. total)
- ☐ 1 pound and/or bell peppers green red yellow stemmed rinsed seeded (2)
- ☐ 0.3 teaspoon cayenne
- ☐ 2 tablespoons cilantro leaves coarsely chopped
- ☐ 2 cups brown lentils dried rinsed for debris and
- ☐ 14 oz fat-skimmed chicken broth reduced-sodium canned
- ☐ 2 garlic cloves minced pressed peeled
- ☐ 2 tablespoons olive oil

- ☐ 8 oz onion peeled halved
- ☐ 0.3 teaspoon salt

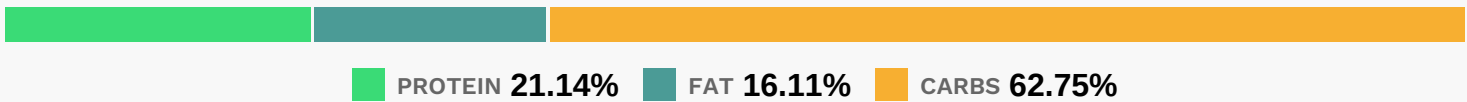
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ kitchen scissors

Directions

- ☐ Remove and discard stems and seeds from ancho chiles; rinse chiles. With scissors, cut chiles into about 1-inch pieces and drop into a blender. Cover with 1 cup boiling water.
- ☐ Let stand until chiles are soft, about 15 minutes, then whirl mixture until smooth.
- ☐ In a 4- to 6-quart pan, combine chile mixture, broth, 1/4 cup water, lentils, and 1/4 teaspoon salt. Cover and bring to a boil over high heat, then reduce heat and simmer, stirring once or twice, until most of the liquid is absorbed and lentils are tender to bite but not falling apart, 20 to 25 minutes.
- ☐ Add more water if lentils get too dry.
- ☐ Meanwhile, set a 10- to 12-inch frying pan over medium-high heat. When hot, add olive oil, bell peppers, onion, and garlic; cook, stirring frequently, until vegetables are tender-crisp to bite, 5 to 7 minutes. Stir in cayenne to taste.
- ☐ Spoon lentils into wide, shallow bowls and top with pepper mixture.
- ☐ Sprinkle with the cilantro and salt to taste.
- ☐ Add a spoonful of sour cream if desired.

Nutrition Facts



Properties

Glycemic Index:29.6, Glycemic Load:6.49, Inflammation Score:-10, Nutrition Score:36.404783010483%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 363.08kcal (18.15%), Fat: 6.76g (10.4%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 59.24g (19.75%), Net Carbohydrates: 32.42g (11.79%), Sugar: 13.38g (14.87%), Cholesterol: 0mg (0%), Sodium: 392.09mg (17.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.92%), Vitamin A: 7071.87IU (141.44%), Vitamin C: 108.29mg (131.26%), Fiber: 26.82g (107.28%), Folate: 358.3µg (89.58%), Manganese: 1.15mg (57.74%), Vitamin B1: 0.64mg (42.54%), Vitamin B6: 0.78mg (38.83%), Iron: 6.43mg (35.74%), Phosphorus: 356.2mg (35.62%), Potassium: 1179.44mg (33.7%), Vitamin K: 29.3µg (27.9%), Magnesium: 107.41mg (26.85%), Vitamin B2: 0.44mg (25.67%), Zinc: 3.52mg (23.46%), Vitamin B3: 4.35mg (21.77%), Copper: 0.42mg (20.79%), Vitamin B5: 1.91mg (19.09%), Vitamin E: 2.77mg (18.44%), Selenium: 7.8µg (11.14%), Calcium: 62.48mg (6.25%), Vitamin B12: 0.13µg (2.2%)