
Hearty Lentil Stew

Windsor Family Cookbook

Windsor Vineyards, Windsor CA

1 onion, chopped
3 carrots, sliced
2 stalks celery, sliced
1 potato, cubed
2 bay leaves
1 tablespoon tamari or soy sauce
2 cups lentils, washed and sorted
8 cups water or vegetable stock
1/2 cup barley
2 to 3 jalapeno peppers (optional)

In a large pot, combine the onion, carrot, celery, potato, Bay leaves, soy sauce, lentils, water and barley. Bring to a boil. Lower the heat and simmer, uncovered, for 30 minutes.

Add the jalapenos, if desired. Cook for, 15 more minutes, or until the lentils are tender.

(Serves four as a first course or two as a entree').

Yield: 4 servings as appetizer

Soups, Chili, Stew

Per Serving (excluding unknown items): 1868 Calories; 7g Fat (3.1% calories from fat); 126g Protein; 343g Carbohydrate; 142g Dietary Fiber; 0mg Cholesterol; 205mg Sodium. Exchanges: 20 1/2 Grain(Starch); 9 Lean Meat; 6 1/2 Vegetable.