

Lentil Stew

Susan McEwen McIntosh

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2 large onions, chopped

2 medium carrots, scraped and chopped

1 cup dry lentils

1/2 cup fresh parsley, chopped

1 can (16 ounce) whole tomatoes, undrained and coarsely chopped

3 cups chicken broth

1/4 cup dry sherry

1/2 teaspoon dried whole thyme

1/2 teaspoon dried whole marjoram

1/2 teaspoon pepper

Combine all of the ingredients in a Dutch oven.

Bring to a boil. Cover and reduce the heat.

Simmer for 45 minutes or until the lentils are tender.

Ladle into bowls and serve.

Yield: 8 1/2 cups

Per Serving (excluding unknown items): 370 Calories; 5g Fat (15.4% calories from fat); 21g Protein; 46g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 2381mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 7 1/2 Vegetable; 0 Fat.