

# Lentil-Sausage Stew

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## Servings: 6

*3 ounces chorizo sausage, skinned,  
sliced into very thin rounds, all but  
eight of the rounds cut into thin strips.  
1 large onion, very finely chopped  
1 1/2 cups lentils, picked over  
3 cups unsalted brown or chicken  
stock  
1 large carrot, sliced into thin rounds  
2 stalks celery, thinly sliced  
1 tablespoon chopped basil OR 2  
teaspoons dried basil  
1/2 teaspoon salt  
freshly ground black pepper*

## Preparation Time: 15 minutes

### 1 hour

Cook the chorizo rounds and strips in a large, heavy-bottomed pot over medium-low heat for 3 minutes. Remove the rounds and set them aside. Add the onion and continue cooking until the onion is translucent - about 6 minutes.

Rinse the lentils under cold running water and add them to the pot along with the stock and three cups of water. Bring the liquid to a simmer and cook the mixture, covered, until the lentils are soft - about 35 minutes. Add the carrot, celery, basil, salt and some pepper. Simmer the stew, covered, until the carrot rounds are tender - 7 to 10 minutes. Garnish the stew with the reserved chorizo rounds. Serve at once.

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Per Serving (excluding unknown items): 177 Calories; 1g Fat (2.6% calories from fat); 14g Protein; 31g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 199mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	177	Vitamin B6 (mg):	.3mg
% Calories from Fat:	2.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	67.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	30.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	217mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	31g
<b>Dietary Fiber (g):</b>	16g
<b>Protein (g):</b>	14g
<b>Sodium (mg):</b>	199mg
<b>Potassium (mg):</b>	540mg
<b>Calcium (mg):</b>	38mg
<b>Iron (mg):</b>	4mg
<b>Zinc (mg):</b>	2mg
<b>Vitamin C (mg):</b>	6mg
<b>Vitamin A (i.u.):</b>	3412IU
<b>Vitamin A (r.e.):</b>	341RE

**Alcohol (kcal):**  
 0 kcal

## Food Exchanges

<b>Grain (Starch):</b>	2
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	0
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 177 Calories from Fat: 5

### % Daily Values\*

<b>Total Fat</b> 1g	1%
Saturated Fat trace	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 199mg	8%
<b>Total Carbohydrates</b> 31g	10%
Dietary Fiber 16g	62%
<b>Protein</b> 14g	
<b>Vitamin A</b>	68%
<b>Vitamin C</b>	10%
<b>Calcium</b>	4%
<b>Iron</b>	25%

\* Percent Daily Values are based on a 2000 calorie diet.