

LENTIL AND VEGETABLE STEW

This lentil and vegetable stew is not only budget-friendly, but it's also packed with nutrients and fiber, making it a hearty and healthy option for those looking to save money while maintaining a balanced diet.

Ingredients

- 1 cup green or brown lentils
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 can diced tomatoes
- 4 cups vegetable broth
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste

Instructions

1. Rinse the lentils and set aside.
2. In a large pot, sauté the onions, carrots, and celery until they start to soften.
3. Add the minced garlic, cumin, and paprika, and stir for 1-2 minutes until fragrant.
4. Pour in the diced tomatoes and vegetable broth. Add the lentils and bring the mixture to a boil.
5. Reduce the heat to a simmer, cover the pot, and let it cook for about 25-30 minutes or until the lentils are tender.
6. Season with salt and pepper to taste.

As you continue to focus on mastering money and building a better budget, incorporating meals like this can help you stay on track with your financial goals and overall well-being. If you need further assistance or have any other questions, feel free to ask!



Nutrition Facts

Calories: 280
Protein: 18g
Carbohydrates: 50g
Fiber: 18g
Fat: 1g
Vitamin A: 170% DV
Vitamin C: 35% DV
Iron: 25% DV
Calcium: 8% DV