

# Spicy Lentil Stew



Ingredients	Amount
Uncooked Lentils	1 1/2 Cups
Chicken Broth	4 Cups
Garlic Cloves, minced	2
Onion, chopped	1 Cup
Carrots, chopped	1 cup
Green Pepper, chopped (opt)	1 Cup
Diced Tomatoes, canned with juice	15 oz
Sweet Potato, peeled and cut into chunks	1 medium
Cayenne Pepper	1/4-1/2 tsp
Ground Cumin	1/2 tsp

## Directions

Using a large pot with lid, combine lentils, chicken broth, and garlic. Bring to a boil, lower heat, cover and simmer for 20 minutes. Turn off heat and let lentils sit for 1 hour

In the meantime, prepare remaining ingredients

After 1 hour, turn heat to medium. Add all remaining ingredients. Cook, uncovered, until carrot and sweet potato are tender, about 45 minutes.

## Nutrition Info:

Serving size: 1 1/2 Cups (serves 6)

<b>Calories</b>	270 cal
<b>Fat</b>	1.5 g
<b>Carbohydrates</b>	44 g
<b>Protein</b>	19 g
<b>Sodium</b>	660 mg