Slow Cooker Lentil Stew

Makes 8 servings

Ingredients

3 ½ cups water
2 cups low-sodium spaghetti sauce
1 ½ cups lentils, rinsed and drained
2 small sweet potatoes, peeled and diced
1 bell pepper, seeded and diced
1 medium russet potato, diced
1 tablespoon dehydrated minced onion
2 cloves garlic, minced
2 bunches mustard greens, chopped
1 tablespoon extra-virgin olive oil

Directions

1. Combine first 8 ingredients in a 4-quart or larger slow cooker. Cook on low for 6 to 7 hours.
2. Add greens and oil to slow cooker. Cook for 1 more hour.
3. Serve warm.

Allina Health

MAIN DISH

TIP

If mustard greens are too "peppery" for your taste, you can substitute another green of your choice such as spinach or collards.

♥ = heart smart = low sodium

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Nutrition Facts

Serving Size 1 1/2 cup (313g)
Servings Per Container 8

Amount Per Serving	
Calories 260	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 8g	**32%**
Sugars 9g	
Protein 13g	
Vitamin A 10% •	Vitamin C 70%
Calcium 8% •	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat
Carb choices per serving: 3