

Coconut Lentil Stew

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: ½ cup

Ingredients	Quantity	Measure
Vegetable oil spray (pan spray)		as needed
Onion, white or yellow, small dice	1	cup
Garlic, minced	¼	cup
Lentils, grey, red, or green, uncooked	3	cups
Vegetable broth	1 ½	quarts
Coconut milk, unsweetened, lower-fat, carton not canned	1	cup
Cumin, ground	1	tsp.
Hearty greens (Collard, Swiss Chard, etc.), de-stemmed, shredded	4	cups

Preparation

1. Heat a small stock pot or steam kettle and spray with oil. Add onions and garlic. Cook, stirring, until onions are soft.
2. Add lentils and toast for 1 minute.
3. Add vegetable broth, coconut milk, and cumin.
4. Bring to a fast boil, reduce heat, cover, stirring occasionally, until liquid is absorbed, about 15 minutes.
5. Add shredded greens. Stir and cook over low heat until greens are just wilted.

Serving Information

Serve hot.

Nutrition Information

 *From USDA Nutrient Database

Calories: 248 Total Fat: 1.3g Saturated Fat: 0.7g Monounsaturated Fat: 0.12g Polyunsaturated Fat: .33g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 42g Fiber: 18.5g Total Sugars: 4.6g Protein: 17g Sodium:
415mg Vitamin A: 45µg Vitamin C: 10.3mg Calcium: 54mg Iron: 4.8mg Folate: 284µg



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