

## Vegetable Lentil Stew (Crockpot)

by: [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

### Ingredients:

2 tbsp olive oil  
2 bay leaves  
2 tsp salt (optional)  
1 large onion  
3 garlic cloves, minced  
1 cup carrot, chopped  
2 cups kale, chopped (optional)  
2 cups chard, chopped (optional)  
2 cups dried lentils  
8 cups vegetable broth (or stock)  
1 cup chopped tomatoes (16 oz.)  
Yogurt for garnish (Fat-free or low-fat)

### Instructions:

1. Saute' onion and garlic with olive oil.
2. Add saute' mix and rest of ingredients in a crockpot.
3. Cook on low for 8 hours or high for 4 hours.
4. Spoon stew into bowls to serve and top with a dollop of fat-free or low-fat yogurt (optional)

Serves: 8

Source: Del Norte DHHS. University of Kentucky EFNEP

