



Barley – Lentil Stew

Ingredients

- ¼ cup butter
- ¾ cup chopped celery
- ¾ cup chopped onion
- 6 cups water
- ¾ cup lentils
- 4 cups canned tomatoes
- ¾ cup barley
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- ½ cup shredded carrots

Makes 6 servings

Instructions

1. Sauté in large pan the butter, chopped celery, and chopped onion.
2. Add water and lentils. Cook 20 minutes then add the tomatoes, barley, salt pepper, and garlic powder.
3. Simmer 45 - 60 minutes Add the carrots.
4. Cook 5 minutes more until carrots are tender, and then serve.

Notes:

- Use brown rice in place of barley.

Nutrition Facts

Serving Size 1 cup			
Servings Per Container 6			
Amount Per Serving			
Calories	280	Calories from Fat	40
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	540mg		23%
Total Carbohydrate	49g		16%
Dietary Fiber	10g		40%
Sugars	9g		
Protein	12g		
Vitamin A	50%	• Vitamin C	50%
Calcium	8%	• Iron	30%
*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

14% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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