

Red Lentils with Vegetables & Brown Rice



INGREDIENTS

- 1 tablespoon canola, corn, **OR** olive oil
- 2 medium carrots, chopped
- 1 teaspoon bottled minced garlic **OR** 2 medium garlic cloves, minced
- 4 cups water
- 3 cups fat-free, low-sodium vegetable **OR** chicken broth
- 1 14.5-ounce can no-salt-added stewed tomatoes, undrained, large pieces coarsely chopped
- 1 cup uncooked red lentils, sorted for stones and rinsed
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 2 cups uncooked instant brown rice **OR** uncooked quinoa



SERVINGS: 8

SERVING SIZE: 1½ cups

COST PER SERVING: \$0.85

CALORIES

216 Per Serving

PROTEIN

10g Per Serving

FIBER

6g Per Serving



STEP 1: In a stockpot, heat the oil over medium-high heat. Cook the carrots and garlic for 2 minutes, stirring frequently.



STEP 2: Stir in the remaining ingredients except the brown rice. Increase the heat to high. Bring to a boil.



STEP 3: Reduce the heat and simmer, covered, for 30 minutes.



STEP 4: Stir in the rice. Cook, covered, for 12 to 15 minutes.



ENJOY!