

African Vegetable Stew

LO CAL / LO FAT / LO CHOL / HI FIB

PREP: 15 MIN; COOK: 1 HR

6 SERVINGS

This is a great do-ahead dish. Make the stew the day before, and refrigerate overnight. Not only does this save time later, it will also give the flavors in the stew a chance to blend and intensify.

- 2 tablespoons margarine
- 1 large onion, chopped (1 cup)
- 1/2 cup chopped fresh parsley
- 2 cloves garlic, finely chopped
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon pepper
- 1/4 teaspoon ground ginger
- 5 cups water
- 2 medium carrots, sliced (1 cup)
- 1/2 cup dried lentils (4 ounces), sorted and rinsed
- 1 cup uncooked regular long grain rice
- 1 can (15 ounces) whole tomatoes, undrained
- 3/4 teaspoon salt
- 1 package (10 ounces) frozen green peas
- 1 package (9 ounces) frozen sliced green beans
- 3 sprigs mint, chopped
- 3/4 cup plain fat-free yogurt

Melt margarine in Dutch oven over medium heat. Cook onion, parsley, garlic, cinnamon, turmeric, pepper and ginger in margarine, stirring occasionally, until onion is tender. Stir in water, carrots and lentils. Heat to boiling; reduce heat. Cover and simmer 25 minutes.

Stir in rice, tomatoes and salt, breaking up tomatoes. Heat to boiling; reduce heat. Cover and simmer 20 minutes.

Stir in peas, green beans and mint. Heat to boiling; reduce heat. Cover and simmer about 5 minutes or until peas and beans are tender. Serve with yogurt.

1 Serving: Calories 275 (Calories from Fat 45); Fat 5g (Saturated 1g); Cholesterol 0mg; Sodium 540mg; Carbohydrate 56g (Dietary Fiber 10g); Protein 12g
% Daily Value: Vitamin A 70%; Vitamin C 20%; Calcium 16%; Iron 28%

Diet Exchanges: 3 starch, 1 vegetable, 1 fat