Lentil Artichoke Stew

Source: The Survivor’s Handbook: Eating Right for Cancer Survival by Neal Barnard, MD, and Jennifer Reilly, RD

The artichokes in this stew add dietary fiber, vitamin C, and folate. This aromatic and tasty Middle Eastern dish is great served alone or over brown rice or pasta. Using fire-roasted tomatoes is not essential, but they will give the stew a delicious smoky flavor.

About the Recipe

176 Calories · 11.7 g Protein · 10 g Fiber
Dinner

Ingredients

Makes 4+ Servings

- 1/4 c (60 mL) low-sodium vegetable broth
- 1 onion, chopped
- 2 large garlic cloves, pressed or minced
- 2 tsp (10 mL) ground cumin
- 1 tsp (5 mL) ground coriander
- 1 c (192 mL) dry (uncooked) red lentils, 3 cups cooked
- 1 bay leaf
- 2 c (475 mL) water
- 1 juice of lemon
- 6 c (1 kg) freshly chopped tomatoes plus 1 c (240 mL) tomato juice; or 2 24-oz (680 g) cans chopped tomatoes preferably fire-roasted, undrained
- 1 1/2 c (255 mL) quartered artichoke hearts, 1 9-oz (255 g) frozen package or 1 15-oz (425 g) can
- 1/4 tsp (60 mL) crushed red pepper **optional*
- 1/4 tsp (60 mL) iodized salt

- 1/4 tsp (60 mL) ground black pepper

Directions

1. Heat broth in a large saucepan.
2. Add onion and sauté on medium heat for about 5 minutes, until golden.
3. Add garlic, cumin, and coriander and cook for 2 minutes, stirring frequently.
4. Add dried lentils, bay leaf, and water to pan and bring to a boil.
5. Lower heat and add lemon juice, tomatoes and their liquid, artichokes, and crushed red pepper (if using). Simmer for about 20 minutes, until the lentils are tender.
6. Remove and discard the bay leaf. Add salt and black pepper, or to taste.

Nutrition Facts

Per serving

Calories: 176
Fat: 1 g
    Saturated fat: 0.1 g
    Calories from fat: 4.9%
Cholesterol: 0 mg
Protein: 11.7 g
Carbohydrate: 34.3 g
Sugar: 7.5 g
Fiber: 10 g
Sodium: 560 mg
Calcium: 123 mg
Iron: 6.3 mg
Vitamin C: 28.6 mg
Beta-carotene: 238 mcg
Vitamin E: 1.8 mg