



### ***Hearty Lentil Stew***

2 tbsp. canola oil	25 mL
1 cup chopped onion	250 mL
1 cup chopped sweet green pepper	250 mL
1 cup chopped sweet red pepper	250 mL
3 1/2 cups water	875 mL
28 oz. can tomatoes	796 mL
1 1/2 cups Eston Lentils	375 mL
1 cup chopped carrot	250 mL
1/4 cup chopped pimiento	50 mL
2 tsp. salt	10 mL
1 tsp. dried oregano	5 mL
1 1/2 tsp. dried dillweed	7 mL
1/4 tsp. ground black pepper	1 mL
2 garlic cloves, minced	2

- In a large saucepan or Dutch oven, heat oil. Add onions and peppers. Cook until tender.
- Add water, tomatoes, lentils, carrot, pimiento, salt, oregano, dillweed, pepper and garlic. Mix well. Bring the stew to a boil. Reduce heat; cover and simmer 45 minutes, or until lentils are tender.

**8 servings**

