



LENTIL STEW FOR HIGH-PRESSURE COOKERS

ingredients:

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|-----------------------------------|--|
| 1 Tablespoon canola oil | Fresh ground black pepper,
to taste |
| 1 onion, chopped | 1 bay leaf |
| 3 cloves garlic, chopped | 2 teaspoons dried thyme |
| 2 ribs celery, chopped | 1/2 teaspoon cumin |
| 1 1/2 cups lentils | 1/2 teaspoon coriander |
| 2 sweet potatoes, unpeeled, diced | |
| 1 15-ounce can diced tomatoes | |
| 4 cups low-sodium vegetable broth | |
| 1/4 teaspoon salt | |

directions:

1. Using sauté mode on your high-pressure cooker, heat oil and cook the onion for about 5 minutes.
2. Add garlic and celery and cook another 5 minutes, stirring occasionally, or until onion is browned.
3. Push cancel and add remaining ingredients. Stir, secure lid and cook on "Soup" mode for 10-15 minutes. Use quick release.

Yield: 6 servings

Nutrition Information Per Serving:

252 Calories
4 grams Fat
0 grams Saturated Fat
0 mg Cholesterol
263 mg Sodium
44 grams Carbohydrates
7 grams Sugar
11 grams Fiber
12 grams Protein

Food exchanges:
6 vegetable, 1 starch, 1 fat



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