

East-West Lentil Stew

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/east-african-coconut-lentil-stew-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 small onion diced
- 2 cloves garlic minced
- 1/4 pound mexican chorizo
- 2 cups butternut squash diced
- 1 stalk celery diced
- 1 cup lentils
- 3 cups chicken stock
- 1 bay leaf
- 1 teaspoon curry powder
- salt
- pepper
- 1 cup Swiss chard thinly sliced

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 30 milligrams
4. Fat: 20 grams
5. Fiber: 17 grams
6. Protein: 26 grams
7. SaturatedFat: 5 grams
8. Sodium: 830 milligrams
9. Sugar: 6 grams

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