

Moroccan Lentil Stew

Yield: 4 min
Total Time: 150 min

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

Ingredients:

- 1 tablespoon olive oil
- 1 cup red onions diced
- 1 cup carrots diced
- 1 cup celery diced
- 2 tablespoons ginger root minced
- 1 tablespoon garlic minced
- 1 tablespoon parsley
- 1 tablespoon cilantro
- 1 teaspoon turmeric
- 1 teaspoon cinnamon
- 2 teaspoons paprika
- 3/4 teaspoon cumin
- 3/4 teaspoon red pepper flakes
- 1 tablespoon tomato paste
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 14 ounces tomatoes pulsed
- 1/4 cup cooking sherry
- 6 cups vegetable broth
- 1 1/4 cups lentils i used red lentils
- 1 can chick peas
- lemon wedges

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 84 grams
3. Fat: 6 grams
4. Fiber: 29 grams
5. Protein: 24 grams

6. SaturatedFat: 0.5 grams
 7. Sodium: 2510 milligrams
 8. Sugar: 12 grams
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