

Lentil Stew *Makes 8—1 1/2 cup servings*

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| 2 Tablespoons soft margarine | 1/4 teaspoon garlic powder |
| 1 cup chopped onion | 6 large carrots cut into 1/2-inch pieces |
| 6 cups water | 4 large celery stalks cut into 1/2-inch pieces |
| 1 pound dry lentils, washed (no soaking needed) | 1/8 teaspoon salt |
| 1 teaspoon Worcestershire sauce | 1 can (16 ounce) whole tomatoes cut into pieces or 3-4 fresh tomatoes cut in wedges |
| 1/2 teaspoon dried oregano | |

1. Melt margarine in a large skillet or saucepan.
2. Sauté onion until tender.
3. Add water, lentils, Worcestershire sauce, oregano, and garlic powder.
4. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
5. Add carrots, celery, and salt.
6. Cover and simmer 30 minutes more or until the vegetables are tender.
7. Add tomatoes. Heat thoroughly and serve.

