Delicious Lentil Stew

Serving Size: 1/8 of recipe
Yield: 8 servings

Ingredients:

2 tsp. olive oil or canola oil
1 cup chopped onion
4 large carrots, sliced
2 celery stalks, diced
6 cups water
1 pound dry lentils - washed, soaking not necessary
1 teaspoon Worcestershire sauce
1/2 teaspoon oregano
1/4 teaspoon garlic powder
1 teaspoon salt
1 can (16 ounce) canned tomatoes: diced or stewed, etc.
1 cup corn, frozen or canned (drained)

Instructions:

1. In a large skillet sauté onion in oil until tender.
2. Add carrots and celery and cook until soft.
3. Add water, lentils, Worcestershire sauce, oregano, and garlic powder and salt.
4. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
5. Cover and simmer 30 minutes more or until the vegetables are tender.