



# Lentil Stew

shared by:  
Fire Station 60  
8585 NW Johnson St., Portland



*We cook this recipe from the Eat Clean Diet Cookbook often at the station. If the carb content is too high for your dietary needs, substitute sliced turnips for the sweet potatoes. Turnips have a texture similar to potatoes and are much lower in both carbs and calories.*

## Ingredients

- 1 cup lentils
- 1 large onion, diced
- 4 cloves garlic, chopped or passed through a garlic press
- 1 tablespoon avocado or extra virgin olive oil
- 2 large carrots, coarsely chopped
- 2 ribs celery, diced
- 2 medium sweet potatoes, sliced
- 4 bay leaves
- 1/2 cup wheat berries or wild rice
- 1 tablespoon brown rice miso
- 1/2 teaspoon dried thyme
- 1—1 1/2 cups low-sodium chicken stock or vegetable stock
- Sea salt and pepper

## Directions

Prepare lentils according to package instructions. Lentils should be chewy, not soft. In a large skillet, sauté onion and garlic together for about 2 minutes in oil. Add remaining vegetables and bay leaves and continue to cook 5 minutes more. Add wild rice or wheat berries and continue to cook 35 minutes. If stew is too thick, dilute with water or stock. Mix one tablespoon of water with the miso and add to stew. Add cooked lentils. Cover and simmer another 15 minutes. Season with salt and pepper and thyme. Remove from heat and serve. Serves 6.

## Nutritional Value Per Serving

Fat 3g | Protein: 11g | Carbs: 42g | Dietary Fiber: 13g | Sugars: 4g | Sodium: 164mg

Station 60 is located in the West Hills next to the French American School on Cornell Road. Students at the school held a contest to name Engine 60 and decided upon "Tigre de Feu," or "Fire Tiger." The service area for Station 60 is complex due to the steep terrain and wildland/urban interface. The station houses an engine and 4x4 wildland fire brush unit.