

EHTIOPIAN STEW

Prep Time: 10 minutes

Cook Time: 30 minutes

Included in Box:

- 3 c. lentils, cooked
- 1 (14.5 oz) can low sodium diced tomatoes
- 1 (15 oz) can no salt carrots, drained

Additional Ingredients Needed:

- 1 lb. boneless, skinless chicken breast, trimmed
- 2 c. (16 oz) low sodium chicken broth
- 6 small onions (-3 c.), diced
- 2 T ground ginger
- 1 T garlic powder

Directions:

1. Preheat oven to 350 degrees F. In large skillet over medium high heat, add onion and cook until translucent (3-4 minutes).
2. Add carrots, cooked lentils, garlic and ginger; cook 2-4 minutes. Remove from heat and add tomatoes.
3. In small baking pan, add chicken, broth and layer tomato and lentil mixture. Cook in oven for 20 minutes, or until chicken reaches an internal temperature of 165 degrees F.



Nutrition Facts*

Total Servings: 8
Serving Size: 1 ½ c.
Calories: 209
Fat: 2 g
Sodium: 222 mg
Carbohydrates: 26 g
Fiber: 8 g
Protein: 21 g
Carbohydrate Servings: 1 ½

**Nutrient facts include cooked lentils, canned no salt added diced tomatoes, canned unsalted sliced carrots (drained), boneless skinless chicken breast (raw), low sodium chicken broth, small white onion, and spices.*