



WESTERN WISCONSIN HEALTH

BROWN RICE AND LENTIL STEW **(GLUTEN FREE)**

- 3/4 C. uncooked brown rice
- 1/2 C. dry lentils, rinsed
- 1/2 C. chopped onion
- 1/2 C. diced celery
- 1/2 C. diced carrots
- 1/4 C. chopped parsley
- 1 tsp. Italian herb seasoning
- 1 clove garlic, minced
- 1 bay leaf
- 2 1/2 C. chicken broth
- 2 C. water
- 1-14 1/2 oz. can chopped tomatoes
- 1 T. cider vinegar

Nutrition Facts

Serving Size (244g)
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 7g

Vitamin A 35% • Vitamin C 20%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Combine all ingredients in Dutch oven. Bring to a boil over high heat. Reduce heat to low; simmer about 1 hour or until rice is tender. Remove bay leaf before serving.

NUTRITION FACTS: Serving size: 1 cup per serving, 8 servings