BIG BATCH LENTIL & BEEF STEW

Prep Time: 20 minutes
Cooking Time: 60 minutes
Makes 6 – 8 servings (8 cups)

Ingredients
250 mL (1 cup) dried lentils (whole)
60 mL (¼ cup) dried pot barley
900 mL (about 3 ½ cups) sodium-reduced beef broth (this is 1 ‘tetra box’ of Campbell’s broth)
250 mL/1 cup water
225 g (1/2 lb.) lean ground beef
1 large onion, chopped
1 carrot, chopped or sliced
1 celery stalk, chopped
2 cloves garlic, finely chopped
398 mL (14 oz.) can diced tomatoes
1 mL (¼ tsp.) cayenne pepper
1 bay leaf

Directions
In a large pot or Dutch oven, combine dried lentils, barley, beef broth, and water. Bring to a boil, then reduce heat, cover, and simmer for 30 minutes.

Meanwhile, place ground beef in a skillet, stir and cook over medium heat until no pink remains. Drain and rinse beef, then add to the lentil/barley mixture. Stir in all remaining ingredients, breaking up tomatoes with the spoon. Bring to a boil, then reduce heat, cover and simmer for another 20-30 minutes, stirring occasionally.

Remove bay leaf and add salt and pepper to taste.

Cool, then portion into small containers and freeze for a quick, healthy lunch or dinner another day.

Vegetables, grains and meat all in one dish – add a glass of milk for a complete meal! Substitute vegetable broth and skip the ground beef for a vegetarian version.

Source: Adapted from “Thick and Hearty Red Lentil Soup” by Alberta Pulse Growers

✓ Budget-Friendly
✓ Freezable
✓ High-fibre
✓ Good source of iron