LATIN AMERICAN · LUNCH · DINNER

Lentejas a la Chilena (Chilean Lentil Stew)

60 min · Serves 8 · 393 kcal a serve · Video 10:51 · Alvaro Barrientos Montero

Gluten-free ingredients · No nuts listed

Lentils give plant protein, about 15 g of fibre per serve, iron, zinc and folate, with just a little lean beef for flavour. Five sofrito vegetables plus pumpkin add beta-carotene and vitamin C to a cheap, filling pot.

Diet notes: Vegan if you leave out the cheese, hard-boiled eggs and lean beef; Vegetarian with a swap for the cheese and lean beef; Low saturated fat (2.8 g, 6% of the energy); DASH-friendly (510 mg sodium a serve); No dairy if you leave out the cheese.

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Ingredients 20 · SERVES 8

- [ ] 2 large cups (about 1 lb) **dried brown lentils**, soaked about 4 hours and drained
- [ ] 3 tbsp **vegetable or sunflower oil**
- [ ] 5–7 oz **lean beef**, diced or minced (optional)
- [ ] 3 **garlic** cloves, chopped
- [ ] **dried oregano**, 1 tbsp, and 1–2 bay leaves
- [ ] ⅓ tbsp **ají de color** (sweet paprika)
- [ ] 1 small tsp **ground cumin**
- [ ] 1 cup finely diced **onion**
- [ ] 1 cup diced **zucchini**
- [ ] ½ cup diced **red capsicum**
- [ ] 1 **carrot**, grated (about 1 cup)
- [ ] about ½ cup chopped **celery**
- [ ] 1½ cups **butternut pumpkin**, peeled and chopped
- [ ] **Water**: about 2½ cups boiling water, added a little at a time to keep it creamy
- [ ] ½ cup **white rice**
- [ ] **salt** to taste (about 1⅓ tsp)
- [ ] 2 **hard-boiled eggs**, sliced, to serve
- [ ] a little chopped **parsley or coriander** (about 8 g), to serve
- [ ] a few drops of **olive oil** (extra virgin; about 2 tsp in all), to finish (optional)
- [ ] a little grated **cheese** (about 1½ oz in all), to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the lentils in cold water for about 4 hours (optional; unsoaked lentils just need longer), then drain and discard the water. 1:00
2. Heat the oil in a large pot over high heat. If using beef, brown it with the garlic, oregano, bay, paprika and cumin. Without meat, simply start the spices and garlic in the oil. 5:11
3. Add the onion, zucchini, capsicum, carrot and celery and fry over high heat for about 12 minutes to build a deep sofrito. When it starts to stick, splash in a little boiling water and scrape up the browned bits. 5:37
4. Add the lentils and pumpkin with just enough boiling water to cover. Return to the boil, then lower the heat, cover and simmer for about 15 minutes, adding a little water only if it looks dry. 6:46
5. Stir in the rice with a little more water if needed, cover and cook 10–12 minutes more. Lightly crush the pumpkin so the stew is creamy rather than soupy, and season with salt. 8:09
6. Serve very hot in deep bowls topped with slices of hard-boiled egg, parsley or coriander, a little grated cheese and, if you like, a few drops of olive oil. 9:00

> **Tip** Soak the lentils about 4 hours first if you can (not counted in the time). Leave out the beef for a vegetarian stew; the cook says potato can replace the rice. Freezes well; thin with water when reheating.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
393 kcal 1,640 kJ	**24 g** 48% of a day	**50 g** 35 g net · 6 g sugars 18% of a day

FIBRE	FAT	SODIUM
15 g 53% of a day	**12 g** 2.8 g saturated 15% of a day	**510 mg** 22% of a day

Energy from net carbs 41% · protein 28% · fat 31%

High in (20%+ of a day) Folate 79% · Iron 37% · Omega-3 37% · Vitamin A 35% · Zinc 34% · Vitamin B6 32% · Selenium 29% · Vitamin C 28% · Vitamin K 27% · Vitamin B12 26% · Magnesium 21%

Source of (10–19%) Potassium 19% · Vitamin E 15% · Calcium 11%

Recipe and video: Alvaro Barrientos Montero (@AlvaroBarrientosMontero) on YouTube — youtube.com/watch?v=Ii4BubmDYU4, published 6 June 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/alvaro-chilean-lentil-stew