SPANISH · DINNER · LUNCH

Lentejas: Classic Spanish Lentil Stew

55 min · Serves 4 · 326 kcal a serve · Video 7:23 · Spain on a Fork

Vegan · Gluten-free ingredients · No nuts listed

Brown lentils give each bowl about 16 g of plant protein and 14 g of fibre, plus iron and folate; with potato, carrot and peppers it is a filling vegan meal made with just 2 tbsp of oil.

Diet notes: Low saturated fat (1.1 g, 3% of the energy).

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Ingredients 15 · SERVES 4

- [ ] 2 tbsp (30 ml) extra **virgin olive oil**
- [ ] ½ **onion**, finely diced
- [ ] ½ **green bell pepper**, finely chopped
- [ ] ½ **red bell pepper**, finely chopped
- [ ] 4 **garlic** cloves, roughly minced
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] 115 g **tomato sauce** (passata)
- [ ] 210 g **uncooked brown lentils**, rinsed
- [ ] 2 small **waxy potatoes**, cut into 1.25 cm pieces
- [ ] 1 **carrot**, peeled and sliced into rounds
- [ ] **freshly cracked black pepper**, a generous amount
- [ ] 1150 ml **vegetable broth**
- [ ] 1 **bay leaf**
- [ ] **sea salt**, to taste, added at the end
- [ ] finely chopped **parsley**, to garnish (optional)

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

Allergens found in the listed ingredients: none. 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. Heat the olive oil in a deep pan over medium heat for 2 minutes. Add the onion, both peppers and the garlic and sauté about 6 minutes, stirring often, until the onion is translucent. 0:52
2. Stir in the smoked paprika quickly, then add the tomato sauce. Raise the heat to medium-high and simmer about 3 minutes until it thickens. 2:20
3. Add the rinsed lentils, potato pieces, carrot rounds and plenty of black pepper and mix well. 3:25
4. Pour in the vegetable broth, add the bay leaf and bring to the boil. Cover, turn the heat to low and simmer 30–35 minutes until the lentils and potatoes are tender but still holding their shape. 4:00
5. Season with sea salt only at the end (salting earlier toughens the lentils), simmer 1–2 minutes more and serve, sprinkled with parsley if you like. 4:59

> **Tip** Use waxy potatoes so they keep their shape, and brown, green or black lentils (red lentils turn mushy). Keeps 4 days in the fridge and thickens as it sits; loosen with a splash of water.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
326 kcal 1,370 kJ	16 g 32% of a day	51 g 37 g net · 8.7 g sugars 19% of a day

FIBRE	FAT	SODIUM
14 g 50% of a day	7.9 g 1.1 g saturated 10% of a day	1,150 mg 50% of a day

Energy from net carbs 52% · protein 23% · fat 25%

High in (20%+ of a day) Folate 70% · Vitamin C 61% · Vitamin B6 38% · Iron 34% · Vitamin K 26% · Potassium 25% · Vitamin A 23% · Magnesium 21% · Zinc 20%

Source of (10–19%) Vitamin E 14% · Selenium 10%

⚠ One serve has about 50% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=bUUuJJRgUmM, published 12 November 2021. 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/lentejas-spanish-lentil-stew