

## **Vegetable & Lentil Stew, 242 calories**

*Serves 6-8 Total time: 1 hour 20 mins*

- 1 tsp olive oil
- 1 onion, finely chopped
- 3 large carrots, chopped
- ½ butternut squash, chopped
- 8 chestnut mushrooms, chopped
- 150g puy or French lentils
- 100g frozen peas
- 250g frozen soya mince (vegetarian mince)
- 1 glass red wine
- 2 pints vegetable stock (4 stock cubes)
- 4 tbsp tomato puree
- 4 tbsp wholegrain mustard
- a good grinding of salt & black pepper

**Step 1** In a large pan, saute the onion with the olive oil, until soft. As you are using so little olive oil you may need to add a splash of water to prevent sticking.

**Step 2** Add the carrots and butternut squash and cook gently for 5 minutes.

**Step 3** Add the mushrooms and cook for another few minutes.

**Step 4** Add the lentils, soya mince and red wine and stir well to combine.

**Step 5** Add the stock, tomato puree and mustard. Give a good stir and bring to the boil. Reduce to a simmer, cover with a lid and leave to cook for between 45 minutes and an hour. Stirring occasionally. The stew should be nicely thickened and flavourful.

**Step 6** Season and serve.