



MicroDried®

Fruits & Vegetables

Powders • Fragments • Whole

potato & lentil veggie stew

- +1 Tbsp neutral oil
- +1/2 cup carrot, finely chopped
- +1/2 cup celery, finely chopped
- +1/2 cup onion, finely chopped
- +2 cloves garlic, minced
- +1 tsp Italian seasoning
- +1 tsp chili powder
- +1 tsp salt
- +1/2 tsp pepper
- +4 oz tomato paste
- +1 can fire roasted diced tomatoes
- +1 cup corn kernals
- +1 cup dried green lentils
- +6 cups chicken or vegetable broth
- +1 cup water
- +1/2 cup **MicroDried® Potato Cubes**

featured product
MicroDried® Potato Cubes



1) Heat 1 tablespoon of oil in a large pot over medium heat. Add onions, celery, and carrot. Cook until tender, approximately 4 minutes.

2) Add garlic, Italian seasoning, chili powder, salt, and pepper. Stir and cook for an additional 2 minutes.

3) Add tomatoes, tomato paste, corn, broth, water, lentils and **MicroDried® Potato Cubes**. Stir to combine.

4) Bring mixture back to a simmer. Then, reduce heat to low and cover.

5) Cook for 40-50 minutes, stirring occasionally, or until lentils and potatoes are tender.

6) Serve immediately or store in a refrigerated airtight container for up to five days.