

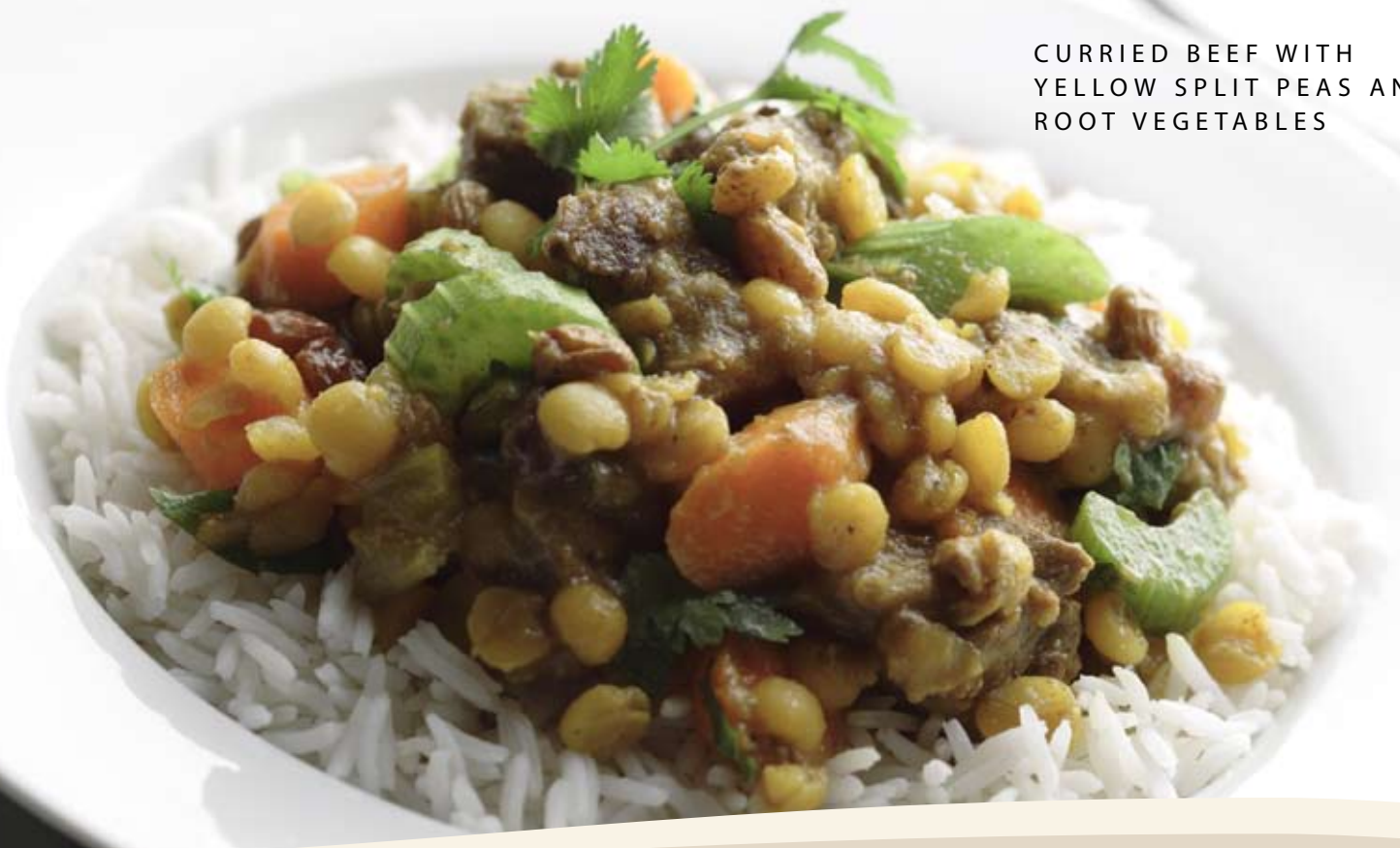
for your health

pulse recipes

LENTIL POTATO
SPINACH SOUP



CURRIED BEEF WITH
YELLOW SPLIT PEAS AND
ROOT VEGETABLES



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LENTIL POTATO SPINACH SOUP

1 cup (250 mL) **dry green lentils***,
rinsed and drained
2 tbsp (30 mL) canola oil
1 tbsp (15 mL) minced garlic
2 medium onions, chopped
2 cups (500 mL) chicken stock
2 tbsp (30 mL) fresh chopped parsley
1 - 10 oz package frozen spinach,
thawed and chopped finely
2 medium potatoes, cubed
Salt and pepper to taste
¼ cup (50 mL) fresh lemon juice

COVER lentils with water in a medium saucepan. Bring to boil and simmer, covered for 20 minutes. Drain liquids. Set aside.

SAUTÉ onions and garlic in oil in a large saucepan, until browned. Add chicken stock, lentils and remaining ingredients except lemon juice.

COOK mixture for about 1 hour until lentils and potatoes are tender.

PURÉE ¼ of total soup and return to saucepan.

STIR in lemon juice just before serving.

Makes: 5 servings

Nutritional Information (per serving): 285 calories; 6 g fat; 17 g protein; 45 g carbohydrate; 8 g fibre; 0 mg cholesterol; 79 mg sodium.

The 2005 Dietary Guidelines for Americans, developed by the USDA, recommend eating three cups of legumes per week, including beans, peas, lentils and chickpeas.

Pulses are a great fit for a healthy eating pattern as recommended by the USDA's food pyramid (My Pyramid) and Canada's Food Guide to Healthy Eating.

Research has shown that diets including beans and other pulses in your diet may reduce risk of heart disease and certain cancers.

CURRIED BEEF WITH YELLOW SPLIT PEAS AND ROOT VEGETABLES

3 tbsp (45 mL) canola oil
1 lb (500 g) boneless beef blade,
cut into 1" (2.5 cm) pieces
1 large onion, coarsely chopped
3 stalks celery, coarsely chopped
2 large carrots, coarsely chopped
1 clove garlic, finely chopped
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
2 tsp (10 mL) curry powder
½ tsp (2 mL) turmeric
2 tbsp (30 mL) lime juice
2 ½ cups (625 mL) water
¾ cup (175 mL) **yellow split peas***
⅓ cup (75 mL) raisins (optional)
¼ cup (50 mL) freshly chopped cilantro
or parsley

HEAT oil in large saucepan, over medium heat. Add beef, chopped vegetables and garlic and cook over medium high heat, stirring often, until meat is no longer pink, about 7 minutes.

ADD salt, pepper, curry powder and turmeric and cook 1 minute longer. Add lime juice and water.

COVER and simmer over low heat for 30 - 35 minutes. Add split peas. Cover and simmer over low heat for an additional 45 minutes or until split peas are just beginning to fall apart and the meat is tender.

ADD raisins about 5 minutes before cooking time is complete. Just before serving, stir in chopped cilantro. Serve over Basmati rice.

Makes: 5 servings

Nutritional Information (per serving): 475 calories; 24 g fat; 32.8 g protein; 31 g carbohydrate; 5 g fibre; 78 mg cholesterol; 578 mg sodium.

* For more information, please see: the Guide to Cooking Beans, Peas and Lentils or www.pulsecanada.com.



CHICKPEAS



BEANS



PEAS



LENTILS

Canada

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