



CHICKEN AND LENTIL SLOW COOKER STEW

Lean chicken breasts and fibre filled lentils make up the bulk of this stew, but it's also full of onions, garlic, tomatoes, and loads of flavourful spices! It goes well with a side of cucumber salad.

 5 minutes

 4 hours and 5 minutes

 8 portions

INGREDIENTS

- 450 grams of chicken breast
- 500 grams of green lentils
- 1.75 litre chicken stock
- 1 can of chopped tomatoes
- 1 onion
- 4 cloves of garlic
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 1.5 teaspoons of dried oregano
- 1.5 teaspoons of chilli powder
- 1.5 teaspoons of smoked paprika
- 2.5 teaspoons of ground cumin

COOKING METHOD

- 1° Place all of the ingredients in the slow cooker and cook on high for four hours or low for eight hours.
- 2° After the stew is done cooking, remove the chicken breasts and shred them using two forks.
- 3° Place chicken back into stew and stir to combine.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (204 g)	% DRI
ENERGY	143 kcal	292 kcal	15 %
FAT	2 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	20 mg	41 mg	14 %
SODIUM	363 mg	739 mg	31 %
CARBOHYDRATE	19 g	38 g	13 %
SUGARS	2 g	5 g	—
FIBER	1 g	2 g	7 %
PROTEIN	15 g	30 g	—