

**Haylie J. Pomroy, BS, WC**  
**Registered Wellness Consultant**  
**Nutritional Counseling**

**Lentil Stew**

**Ingredients:**

1 small onion, diced  
3 garlic cloves, minced  
½ cup carrots, cut thin  
2 cans cooked lentils  
¾ cup no-chicken broth  
salt & pepper to taste  
Bragg's amino acids to taste  
1 tablespoon olive oil

**Directions:**

Heat olive oil in a 2 quart saucepan. Add salt, pepper, onion, garlic and carrots.

Stir and cover until carrots are slightly tender and onions are translucent.

Stir in the lentils and Spike! or Amino acids , let simmer for 5 minutes and add broth. Simmer for another five minutes and enjoy!

**Serves: 4**

**9025 Wilshire Blvd #403** \* **Ph: 310-209-8262** \* **[www.hayliepomroy.com](http://www.hayliepomroy.com)**  
**Beverly Hills, CA 90211** \* **Ph: 310-288-2128** \* **[haylie\\_pomroy@yahoo.com](mailto:haylie_pomroy@yahoo.com)**