

## Mediterranean Lentil Stew



Not only is this stew delicious but it is also packed with Vitamins and Fibre and has very little fat in it. It is a dish that will keep you feeling fuller for longer thanks to the lentils.

This is also an extremely quick and easy meal to make. Perfect after a long day at work.

To serve 4, you'll need:

- 1 large red onion, diced
- Approx. 8 sundried tomatoes, chopped
- 1 tin of good quality chopped tomatoes
- 4 fresh tomatoes, chopped
- 2 cloves garlic, crushed
- 1 tsp dried oregano
- 1 tsp chilli flakes (optional)
- 100g dried lentils
- Feta cheese and olives to serve

Firstly, put the lentils in a saucepan and cover with water. Bring these to the boil then turn the heat down and simmer for 15 minutes. Drain and leave to one side.

Put a little oil in a large saucepan (I used some of the oil the sundried tomatoes were in for added flavour) and add the onion, garlic, oregano and chilli flakes. Fry over a low heat for 5 minutes. Add all of the tomatoes, fresh, tinned and sundried along with the cooked lentils. Simmer for 15 minutes.

Once cooked, serve topped with some crumbled feta and olives.

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