

Ground Beef Lentil Stew

Nothing beats soups and stews in the wintertime. This ground beef lentil stew is, healthy, filling and economical too!

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- 1 pound ground beef
- 1 medium onion, diced
- 1 clove garlic, minced
- 1 stalk celery, diced
- 2 large carrots, sliced
- 1 can (16 ounces) stewed tomatoes
- 1 can (4 ounces) sliced mushrooms, drained
- 1 cup uncooked lentils
- 3 cups water
- 1/4 cup red wine (optional)
- 1 bay leaf
- 1 beef bouillon cube
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons dried parsley

Brown the ground beef, onion and garlic in a large stockpot until no longer pink. Drain. Add remaining ingredients and stir to combine.

Bring mixture to a boil then reduce heat and simmer, covered for approximately 40 minutes or until the lentils and vegetables are tender. Remove bay leaf before serving.

Serving suggestion: Serve ground beef lentil stew with crusty bread and a tossed green salad to round out the meal.