

Lentil Tacos

Serves 4, Serving size: 1/2 cup filling

Ingredients

- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper (any color)
- 1/8 teaspoon garlic powder or 1 garlic clove, minced
- 1 teaspoon oil
- 1/2 cup dried lentils, rinsed
- 1/2 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon dried cilantro or oregano (optional)
- 1 1/4 cups low-sodium broth (any kind - vegetable, beef, chicken)

Directions

1. In a large skillet, sauté onion, bell pepper, and garlic in oil until tender, about 3 minutes.
2. Add lentils, chili powder, cumin, and cilantro/oregano (if using). Cook and stir for 1 minute.
3. Add broth and bring to a boil. Reduce heat, cover, and simmer until lentils are tender, about 20-30 minutes. Add water if needed to keep lentils covered.
4. Uncover and cook until mixture thickens, about 5-10 minutes.
5. Serve hot or cold in tacos, wraps, or salads with your favorite toppings, or serve as a dip for chips and crackers. Refrigerate leftovers within 2 hours.

Nutrition per serving: 113 calories, 8 g protein, 2 g total fat, 0 g saturated fat, 17 g carbs, 6 g fiber, 222 mg sodium



*Recipe based on foodhero.org,
photo from tastesbetterfromscratch.com*