

Lentil Taco Filling

Serves 4 (1/2 cup per serving)



INGREDIENTS

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

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 necessary to keep lentils covered.
- 4) Uncover and cook until mixture thickens, about 5-10 minutes.
- 5) Serve hot or cold in tacos, wraps, salads, or as a dip for chips and crackers. Refrigerate leftovers within 2 hours.

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G L E A N E R S



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

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Nutrition Facts	
Amount per	
1 serving (6.3 oz)	177 g
Calories 113	From Fat 20
% Daily Value*	
Total Fat 2.3g	4%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 222mg	9%
Total Carbohydrates 17g	6%
Dietary Fiber 6g	25%
Sugars 3g	
Protein 8g	15%
Vitamin A 24% • Vitamin C 44%	
Calcium 4% • Iron 17%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
<i>HappyForks.com</i>	

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