

Lentil Tacos

Lentils are one of the most nutritious foods on the planet...and they are also one of the least expensive. They are full of protein, iron, zinc, B vitamins and fiber! These tacos are inexpensive, easy, and a great way to introduce lentils to your family.

Makes enough tacos for 2 adults and 4 kids

Takes about 40 minutes to cook depending on how old your lentils are

Ingredients

1 onion
1 clove garlic
1 Tablespoon chili powder
2 teaspoons cumin
1 teaspoon oregano
2 1/2 cups water
2 teaspoons bouillon
1 cup lentils
1 cup salsa

taco fixings (soft/hard shells, shredded lettuce, shredded cheese, salsa)

Instructions

1. Optional step to speed lentil cook time: Bring 2 cups of water to a boil in the microwave. Pour the hot water over 1 cup of lentils in a bowl. Let them sit in the bowl while you prepare the other ingredients. Doing this will speed up the lentil cooking time. You can skip this step. You can also soak the lentils in 2 cups of room temperature water for up to 24 hours before making this meal.
2. While lentils are soaking, cut an onion into small pieces.
3. Cook onion in 1 Tablespoon oil over medium high heat about 5 minutes, until it is see through and starting to turn brown.
4. While the onion is cooking, smash and peel 1 clove of garlic. Chop it as finely as you can.
5. Once the onion is cooked, add chopped garlic, 1 Tablespoon chili powder, 2 teaspoons cumin and 1 teaspoon oregano to the pan. Cook for about 30 seconds then add lentils and water. (garlic burns quickly, so be prepared to add the water quickly after 30 seconds).
6. Drain lentils (if they were soaking). Add lentils, 2 1/2 cups water, and 2 teaspoons bouillon (or 2 bouillon cubes) to the pan.
7. Turn the heat to high and bring the mixture to a boil.
8. Once boiling, put a lid on, and then *turn heat down to a simmer* (medium heat) and set a timer for 30 minutes.
9. After 30 minutes, take off the lid and stir the lentils. The water should be absorbed. If it is not, put the lid on and continue to cook until all of the water is absorbed (check again in 5 minutes).
10. *Once the water is absorbed, taste the lentils.* They should be soft and completely cooked through. If they are crunchy, add ½ cup water, put the lid back on, and cook 5 to 10 more minutes until the water is absorbed. After 10 minutes, test the lentils again. They should be soft. If they are still crunchy, repeat this step until the lentils are soft.

11. Stir 1 cup salsa into the lentils. Continue to cook for 2-3 minutes until extra liquid has evaporated..
12. Once the lentils are done, serve like you would regular taco meat: either on top of rice, salad, or in a soft or hard taco shell.