Lentil Taco Filling

Ingredients

2 teaspoons vegetable oil

½ cup chopped onion

½ cup chopped bell pepper (any color)

1 clove garlic, minced or ¼ teaspoon garlic powder

½ cup dried **lentils**, rinsed

4 ½ teaspoons chili powder

1 teaspoon cumin

½ teaspoon oregano (optional)

1 1/4 cups low-sodium broth (any flavor)

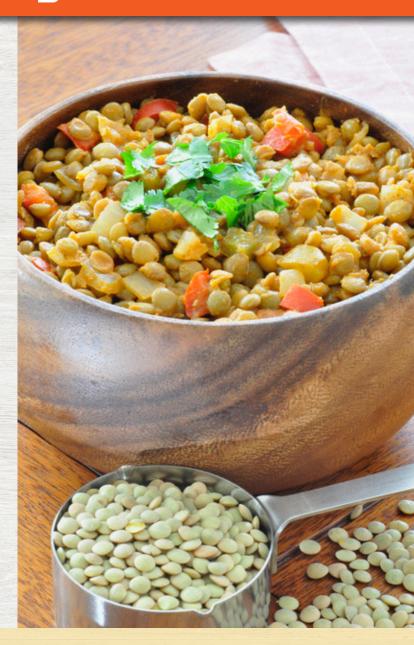
½ teaspoon salt (optional)

Directions

- 1. Wash hands with soap and water.
- 2. In a large skillet, heat oil on medium. Add the onion, bell pepper and garlic. Sauté until tender, about 3 minutes.
- **3.** Add the lentils, chili powder, cumin and oregano, if desired. Cook and stir for 1 minute.
- **4.** Add broth and bring to a boil. Reduce heat, cover and simmer until the lentils are tender, 20 to 30 minutes for brown lentils. Add water if necessary to keep the lentils just covered with liquid.
- **5.** Uncover; cook until mixture thickens and most of the water is gone, about 5 to 10 minutes. Add salt, if desired.
- **6.** Refrigerate leftovers within 2 hours.

Notes

- Use for tacos, wraps or salad.
- Different types of lentils have different cooking times; check the package or bulk bin for how long to cook the type you buy.







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