

# 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 ¼ 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.

