



# all about Lentils

A plant-based power food and an excellent source of protein.



## Let's Get Cooking!

Lentils are a perfect compliment to a healthy lifestyle. Lentils come in many varieties from brown and red to green and orange beans. Lentils are excellent sources of protein, fiber, and iron.



### Lentil and Potato Soup

Total time: 45 min  
Servings: 6

**Ingredients:**

- 2 tbsp vegetable oil
- 3 cloves of garlic
- ¼ cup diced onion
- 1 large carrot
- 1 ¼ cup of lentils (any variety)
- 12 oz of potatoes, cut into bite-sized chunks
- 2 tsp salt
- ¼ tsp thyme, black pepper
- ½ tsp oregano
- 4-5 cups of water
- Optional: ¼ cup of tomato sauce

**Directions:** Heat the oil in a large pot. Add onion and cook for 1 minute, then add garlic and carrots. Cook for 2-3 minutes and stir frequently to prevent burning. Add the tomato paste, tomato sauce (if using) and lentils. Cook for 1 minute. Add potatoes. Pour 4 cups of water into pot and add all the seasonings. Let simmer for 25-35 minutes, until lentils and potatoes are cooked. Taste and salt as needed.



### Lentil Tacos

Total time: 55 min  
Servings: 8

**Ingredients:**

- 2 cups of brown lentils, dry
- 1 yellow onion, diced
- 2 cloves of garlic, minced
- 2 tbsp olive oil (or vegetable oil)
- 1 package of Taco seasoning (reduced sodium)
- 1 tsp salt
- Corn tortillas
- 2 Avocados
- Optional: sour cream, pico de gallo

**Directions:** Sort and rinse lentils. In a medium pot, bring 3 cups of water to a boil, add lentils. Let the water return to a boil, reduce heat to low and simmer covered for 20 minutes. After 20 minutes, drain. In a medium skillet, heat the oil and add the onions, garlic and taco seasoning. Add the cooked lentils to the skillet with ½ cup of water. Cook over medium heat until the mixture is thickened (3- 5 min). Salt to taste. In another skillet, you may toast the tortillas. Add the lentil mix and serve!

For more recipes, visit [onieproject.org](http://onieproject.org)

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## How to Prepare



1. Lentils do not require soaking; simply sort the lentils to remove broken/damaged pieces.
2. Rinse lentils in a strainer/coriander.
3. Put 1 cup lentils and 3 cups water in a large saucepan. Bring water to a boil. Cover with a lid, reduce heat and simmer 15-20 min. (Split red lentils. 5-7 min).

## Simple Swaps

Lentils are a plant-based protein source.

<b>Vegan Lentil Loaf</b> with French Lentils, oats, breadcrumbs and mushrooms	Ground beef	French lentils
<b>Lentil Veggie Burger</b> with Bell Peppers, Carrots, and Cauliflower	Ground beef	Red or Orange Lentils
<b>Lentil Taco Soup with vegetables</b>	Chicken or Ground Beef	Brown Lentils

## How to Store

### Pantry

While dry lentils can be stored for up to 1 year; fresh lentils are best. The quality of lentils will decrease over time. Cooking times will increase with older lentils.

### Refrigerator

Dry lentils can last up to 1 year in an airtight container. Cooked lentils will last for up to 4 or 5 days in the refrigerator.

### Freezer

Cooked lentils can be placed in a freezer, in an airtight bag for up to 3 months.