

Lentil Tacos

Ingredients (makes 12 tacos):

- 1/3 cup dried lentils, rinsed
- ~2 cups water
- ½ lb. ground beef
- 1 teaspoon canola oil
- 1 small onion, finely chopped
- 1 small clove garlic, minced
- 2 tablespoons taco seasoning
- ⅔ cup salsa
- 12 taco shells
- ¼ head of lettuce (optional)
- Shredded cheese (optional)

Cooking Tip: Always rinse lentils and look for stones. Lentils cook quickly.

Nutrition Fact: Lentils are high in protein and can be used as a meat substitute. Select flour tortillas for a soft shell taco to reduce dietary fat.

Substitutions:

- You can substitute the ground beef for another ground meat (turkey, chicken, etc.).
- You can also enjoy the lentil/meat mixture in quesadillas.

Nutrition Facts

Serving Size: 1 taco Calories: 205 Sodium: 294mg Fat: 10.3g
Saturated Fat: 1g Protein: 6g Sugar: 1.6g Carbs: 22g

Instructions:

1. **Cook the lentils:** In a pot, combine the lentils and water and bring to a boil. Once boiling, reduce heat to low, cover, and let cook until soft, about 15 to 30 minutes.
2. **Cook the ground beef:** In a skillet, brown the ground beef over medium-high heat until fully cooked, about 5 to 8 minutes. Drain any excess fat.
3. **Add onion.** Cook for about five minutes.
4. **Add garlic, lentils, ground beef, and taco seasoning.** Cook and stir for 1 minute.
5. **Stir in salsa or serve on top of tacos.**
6. **Serve about 1/4 cup of the lentil mixture in each taco shell.**
7. **Add your favorite taco toppings.**