

YUMMY LENTIL RECIPE -Make tacos with them!



INGREDIENTS

- 2 cup dry lentils, any color
- 3 cups water
- 1 Tablespoon of onion powder
- 1 Tablespoon of garlic powder
- 2 Teaspoons of pepper
- ½ Teaspoon of sea salt (optional and omit if high bp)

OTHER INGREDIENTS

Fixings: Corn tortillas, lettuce, tomato, onion, avocado or guacamole, lemon juice, olives, a little Vegenaize, or anything from your Nutrition As Therapy shopping list that sounds good!

INSTRUCTIONS

Cooking lentils is easy! It comes down to 2 basic steps:

1. **Rinse the lentils.** Place the lentils in a strainer or colander. Pick over and remove any shriveled lentils, debris, or rocks. Thoroughly rinse under running water.
2. **Combine the lentils and water and simmer.** Transfer the rinsed lentils to a small saucepan and add the water. Add any seasonings. Simmer uncovered for 20 to 30 minutes. Add more water as needed to make sure the lentils are just barely covered.