

Lentil Tacos

Servings: 8

Ingredients:

- 2 cups dried brown lentils
- 1 small yellow onion
- 2 cloves garlic
- 2 TBSP olive oil
- 1 packet taco seasoning
- 1 tsp salt
- 16 small 6" tortillas
- pico de gallo, sour cream, avocado, cheese, cilantro (optional, for serving)



Directions:

- Sort and rinse the lentils. Bring 3 cups of water to a rolling boil in a medium pot. Once it reaches a boil, add the lentils. Let the pot return to a boil, then reduce the heat to low, place a lid on top.
- Allow the lentils to simmer for 20 minutes. After 20 minutes, taste the lentils to test the texture. They should be tender but not mushy. Drain the lentils in a colander.
- Dice the onion, mince the garlic and cook them with olive oil in a large skillet over medium heat until tender. Once the onion is tender, add the drained lentils, the taco seasoning, and about a half cup of water.
- Stir and cook over medium heat until the mixture has thickened (about 3-5 minutes). Season to taste with salt.
- Build the tacos, using about $\frac{1}{4}$ cup of the lentil mixture for each taco. Top with any desired toppings.