

Lentil Tacos

INGREDIENTS

- 2 tablespoons olive oil
- ½ yellow onion, finely chopped
- 2 medium carrots, peeled and shredded
- 2 cloves garlic, finely minced
- 1 cup lentil/veggie mix or brown lentils, washed and drained
- 1 packet low- sodium taco seasoning
- 1 teaspoon kosher salt
- 2 -½ cups water
- Corn tortillas
- Roma tomato, cut into medium dice
- Lime, quartered
- Low-fat queso fresco, crumbled

SERVINGS: 4
TIME: 45 MINUTES



adapted from: Texas A&M
University Nutrition

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PROCEDURE

1. Heat oil in large skillet over medium-high heat. Cook onion, carrot, and garlic on medium-low heat until onion begins to soften, 3 to 4 minutes.
2. Add lentil/veggie mix or brown lentils, taco seasoning, and salt. Cook until spices are fragrant and lentils are dry, about 1 minute.
3. Add water; bring to a boil. Reduce heat, cover, and simmer until lentils are tender, 25 to 30 minutes, and most of the water has been absorbed by the lentils.
4. Uncover lentils and continue cooking until mixture thickens, 6 to 8 minutes.
5. Serve with warm corn tortillas and garnish with tomato, fresh squeezed lime juice, and crumbled queso fresco.



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