

## LENTIL TACOS

Serves: 4; Makes 6-8 tacos

### ingredients

1 large onion  
2 - 3 cloves garlic  
1 cup dry green or brown lentils, rinsed  
1 tablespoon chili powder  
2 teaspoons cumin  
1 teaspoon oregano  
1/2 teaspoon of smoked paprika (*optional*)  
2 1/2 cups water, or vegetable broth  
(*I prefer vegetable broth*)  
6-8 taco shells/tortillas  
Salt, to taste  
Black pepper, to taste

### *Optional Toppings:*

Salsa  
Avocado  
Lime Wedges  
Cilantro  
Shredded lettuce/or greens

### directions

Cut your garlic and let it sit for about 10 minutes. *See notes.* In the meantime, heat a skillet to medium heat. While heating, dice the onion.

Once the skillet is hot and the onions are diced, add your onion. Add 1-2 tablespoons of water or vegetable broth at a time if the onions begin to stick. Sauté until the onions are translucent or slightly brown, about 5-6 minutes.

While you are cooking the onions, rinse the lentils. When the onions are ready, add the garlic until fragrant. About 30 seconds. Next, add lentils, chili powder, cumin, oregano and optional smoked paprika. Cook and stir for about 1 minute. Add the 2 ½ cups water or vegetable broth and bring to a boil. Reduce heat, cover,



and simmer for 30 minutes or until the sauce has thickened to your liking.

Uncover and cook for another 6–8 minutes, then mash lentils slightly. We find a banana or avocado masher works great.

Sample the lentils. Add salt and black pepper, if needed. Serve your lentils on a warm tortilla with desired toppings. We like avocado, cilantro, lime juice, lettuce greens and salsa (a corn salsa is most excellent with these!).

Note: Mincing your garlic first and exposing it to the air for 10 minutes allows more conversion of alliin to the phytochemical allicin [pronounced like Alison :)] which is the nutrient responsible for garlic's disease fighting properties!



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