

Vegetarian Lentil Tacos

INGREDIENTS

- 1 cup dried lentils
- 2 cups water
- 1 tablespoon taco seasoning (or a mix of cumin, chili powder, garlic powder)
- 15 oz garbanzo beans, cooked
- 1 onion, chopped
- 2 cloves garlic, minced
- 8 small corn or flour tortillas
- Toppings of choice: shredded lettuce, diced tomato, salsa, shredded cheese, avocado slices, chopped cilantro

SERVINGS: 4
TIME: 35 MIN



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PROCEDURE

1. Rinse the lentils under cold water and drain.
2. In a medium saucepan, combine the lentils and water. Bring to a boil, then reduce heat to low and simmer for about 20 minutes, or until the lentils are tender.
3. While the lentils are cooking, heat a tablespoon of oil in a skillet over medium heat. Add the chopped onion and minced garlic, and sauté until softened, about 5 minutes.
4. Add the cooked lentils, taco seasoning, and garbanzo beans to the skillet with the onion and garlic. Stir well to combine and cook for an additional 5 minutes, allowing the flavors to meld.
5. To assemble the tacos, spoon the lentil and garbanzo bean mixture onto each tortilla. Top with shredded lettuce, diced tomato, salsa, cheese, avocado slices, and chopped cilantro, as desired.



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