

INGREDIENTS

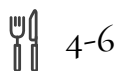
- 1 cup dry lentils (brown or green)
- 2 cups water
- 1/4 cup diced onions
- 1/2 tablespoon minced garlic
- 1/2 tablespoon olive oil
- 1/2 tablespoon ground cumin
- 1/2 tablespoon chili powder
- 1/2 cup diced tomatoes
- 1/2 teaspoon salt
- 1/2 cup chopped cilantro
(optional)

INSTRUCTIONS

1. Prep the lentils: Rinse lentils thoroughly and remove any unwanted materials. Drain well.
2. Cook the lentils: In a stock pot, combine lentils and water. Bring to a boil, then reduce heat and simmer uncovered until lentils are tender, about 30-40 minutes.
3. Sauté the aromatics: In a separate pan, sauté onions and garlic in olive oil for about 5 minutes or until tender. Add cumin and chili powder, and cook for an additional 2-3 minutes over low heat.
4. Combine and simmer: Add the sautéed onions and garlic to the cooked lentils. Stir in the tomatoes and salt. Add more water if needed, and simmer uncovered for an additional 20 minutes.
5. Finish it up: If using cilantro, stir it in just before serving.
6. Ensure the lentils reach an internal temperature of 140°F for at least 15 seconds before serving.



Lentils



4-6



Prep time 10 minutes

Cook time 30-40 minutes

Cozy up with a hearty bowl of lentils! Packed with flavor and ready in no time, this dish is perfect for family dinners or meal prepping. Try this recipe tonight and warm up your soul with every bite.

