

Lentil Tacos

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 1 1/2 cups** dry lentils (sorted and rinsed)
- 1/4 cup** raisins
- 4 cups** water
- 1/2** green pepper (chopped)
- 4** garlic (cloves, minced)
- 1/2 teaspoon** hot pepper flakes (optional)
- 1 teaspoon** chili powder
- 1 teaspoon** cumin
- 1/2 teaspoon** basil
- 2/3 cup** tomato paste

Directions

1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes (Add more water if necessary).
3. Serve with corn tortillas. Can also be served over rice or noodles.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	1 g	2%
Protein	8 g	
Carbohydrates	34 g	11%
Dietary Fiber	8 g	32%
Saturated Fat	0 g	0%
Sodium	270 mg	11%