

## LENTIL TACOS

*Lentil tacos? Maybe you're already a vegetarian? Or maybe you don't want to spend \$4/lb. for ground beef? You'll never know the meat is missing in these incredibly flavorful and filling tacos! Packed with protein and healthy fats (avocado & olive oil), you'll love the freshness of this simple dish. Serve it with homemade taco seasoning, homemade Pico de Gallo, fresh avocado, and some sour cream. Pico de Gallo and avocado not your thing? The all-American lettuce, cheese, and tomato taco-topping combo would also be great!*

**Yield=** 8 servings

### Ingredients

16 small **corn tortillas**

2 cups dry **brown lentils**

1 small **yellow onion**

2 cloves **garlic**

2 Tbsp **olive oil**

1 tsp **salt**

1 recipe **taco seasoning** (with corn starch, see below\*)

1 recipe **Pico de Gallo** (cilantro, lime, salt, tomato, onion, jalapenos)

8 oz. **sour cream**

2 small **avocados**

\*Taco seasoning: 1 Tbsp chili powder, 1 tsp smoked paprika, 1 tsp cumin, 1/4 tsp cayenne pepper, 1/2 tsp oregano, 1/2 tsp salt, 1/2 tsp salt, 1/2 tsp of cornstarch)



### Instructions

1. In a skillet over medium heat, lightly toast the corn tortillas on both sides. If you are using a non-stick or cast-iron pan, no oil is needed. The tortillas should be lightly browned in some spots but still pliable.
2. Sort and rinse the lentils. Bring 3 cups of water to a rolling boil in a medium pot. Once it reaches a boil, add the lentils. Let the pot return to a boil, then reduce the heat to low, place a lid on top. Allow the lentils to simmer for 20 minutes. After 20 minutes, taste the lentils to test the texture. They should be tender but not mushy. Drain the lentils.
3. While the lentils are simmering, prepare the Pico de Gallo and taco seasoning in separate bowls.
4. Dice the onion, mince the garlic. Cook the onion with olive oil in a large skillet over medium heat until tender. Once the onion is tender, add the garlic and sauté for 1 minute. Add drained lentils, taco seasoning, and about a half cup of water. Stir and cook over medium heat until the mixture has thickened (about 3-5 minutes). Season to taste with salt – this will really bring out the flavors.
5. Build the tacos, using about 1/4 cup of seasoned lentils per taco, one slice of avocado, a small amount of Pico de Gallo, and sour cream. If you have cilantro left over from the Pico de Gallo, it can also be used to top the tacos.

Per Serving-1 serving Calories: 477, Saturated Fat: 4.5 g, Sodium: 389.5 mg, Total sugars: 2.4 g

Recipe featured in the April 2021 issue of Beyond Hunger's Nutrition Newsletter.  
Recipe & pictures adapted from Budget Bytes.