

Taco Lentil Dip

Ingredients

- Butter - 2 Tbsp / 1 oz
- Onions, small dice 1/4 Cup / 1.5 oz
- Garlic, minced 1 tsp
- Lentils, Brown - 1/2 Cup / 4 oz
- Water - 1 1/2 cup / 8oz
- Diced Tomato - 1/4 cup / 1.5 oz
- Red Bell Pepper - 1/4 cup / 1.5 oz
- Salt, Kosher - 1 tsp
- Chili Powder - 1 tsp
- Coriander, ground - 1 tsp
- Cumin - 1/2 tsp
- Pepper, Ground - 1/8 tsp
- Chili, Crushed - 1/8 tsp



Directions

1. In a saute pan - start by melting the butter of medium high heat. Add the onions and garlic - allow the onions to cook on medium low until translucent.
2. Add the lentils to the pan, stirring to combine.
3. Add the liquid, bring to a simmer, reduce the heat, cover the pan and allow to cook for approx 20 minutes until the lentils are tender.
4. Fold in the Tomato and Bell Pepper
5. Season the mixture with salt and a pinch of chili flake.
6. Serve the Lentil Mixture warm (above 135F) as an option to taco meat.

Serving Size & Crediting

11 - 1/8 cup Servings

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