

# **Lentil Tacos**

From the USDA SNAP-Ed Recipe Finder  
<http://recipefinder.nal.usda.gov/recipes/lentil-tacos>

## **Ingredients**

- 1 ½ cup dry lentils (sorted and rinsed)
- ¼ cup raisins
- 4 cup water
- ½ green pepper, chopped
- 4 cloves garlic, minced
- ½ tsp. hot pepper flakes (optional)
- 1 tsp. chili powder
- 1 tsp. cumin
- ½ tsp. basil
- 2/3 cup tomato paste

## **Instructions**

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.

*Makes 6 servings*

## **Nutrition information per serving:**

|               |        |
|---------------|--------|
| Calcium       | 6% DV  |
| Calories      | 160    |
| Carbohydrate  | 34 g   |
| Dietary Fiber | 8 g    |
| Iron          | 20% DV |
| Protein       | 8 g    |
| Total Fat     | 1.5 g  |
| Saturated Fat | 0 g    |
| Sodium        | 270 mg |
| Vitamin A     | 20% DV |
| Vitamin C     | 25% DV |



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