

Lentil Tacos

Gluten-Free, Dairy-Free, Can be Vegan

Adapted by jalene @ donteatwheat.com from a recipe by Michelle Thomas

Ingredients:

- 1/2 cup dried green lentils, rinsed
- 1 onion, chopped
- 1 garlic clove, minced
- 1/2 tsp oil
- 1 & 1/2 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp dried oregano or 1/2 Tbsp fresh
- 1 & 1/4 cups chicken broth (use vegetable broth to make this dish Vegan)
- 1/2 cup salsa



Directions:

1. In a large skillet saute the onion and garlic in the oil until tender.
2. Add the lentils, chili powder, cumin and oregano. Stir for 1 minute.
3. Add chicken broth and bring mixture to a boil. Reduce heat, cover, and simmer for 30 minutes or until the lentils are tender.
4. Uncover and cook off any excess liquid. Mixture will thicken. You can slightly mash the lentils if you prefer.
5. Stir in the salsa and serve!

We eat this in taco shells, on tostadas or with chips, romaine lettuce, avocado, and more salsa. They are amazing! If you are not concerned about being dairy-free, cheese is great on them as well.

Store any leftovers in an airtight container for up to 3 days in the fridge.