

Southern VEGGIE GIRL

“Lentil Taco”

Ingredients

1 Cup chopped onion
1 garlic clove, minced
1 cup dry lentils, rinsed
1 TBSP chili powder
2 tsp ground cumin
1 tsp oregano
14 ounces water
1 cup salt-free salsa
Salt-free seasoning to taste

Combine all ingredients in a crock pot and cook on high for 8-12 hours, stirring occasionally and adding water as needed. This taco filling can be used anywhere you would normally use a meat taco filling, such as in taco shells and in salads.

I've also cooked this on the stove and in my Insta pot, so it is very flexible and can be adapted to your favorite cooking method.

I found this recipe in "Unprocessed" by Chef AJ. Enjoy!

