

How to Use Lentils

Cooking Lentils

Rinse and drain dry lentils. In a pot, add 2 cups of water for every 1 cup of lentils. Bring to a rapid simmer, then reduce heat. Cook uncovered for 20-30 minutes (or until lentils reach desired doneness).

Tips & Tricks

Add salt & other seasonings after simmering to avoid mushy lentils.

Creative Eats

Salads- Top salad (warm or cold) with lentils for extra flavor, protein, and crunch .

Burritos/tacos- Season with lime, cumin, and chili powder. Use as a meat replacement.

Soups/stews- Throw in lentils to any soup or stew. Can be used as meat replacement.



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Lentils and Rice

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Ingredients

- 1 tsp olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 1/8 tsp red chili flakes
- 2 cups cooked lentils
- 2 cups cooked brown rice

Directions

Heat olive oil in medium frying pan. Add onion and cook over medium-high heat stirring frequently until onion is softened and starting to brown. Add garlic and chili flakes; cook another 1-2 minutes. Add lentils and rice; cook until all ingredients are heated through.

Extension

UtahStateUniversity.



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