

Lentils with Crushed Tomatoes

Ingredients

- 2 cups dried lentils
- 1 (28 oz) can crushed or diced tomatoes (low-sodium preferred)
- 1 green pepper, diced
- 1/4 cup brown sugar
- 2 Tbsp. cumin
- 1/2 tsp. salt
- 2 cups water

Directions

1. Combine all ingredients in large pot and heat over medium-high heat. Bring to a boil.
2. Reduce to medium heat, cover, and cook 30-40 minutes, until lentils are soft.
3. Serve warm.

Optional: Serve over rice, noodles, or baked potato.

Extension
UtahStateUniversity.



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