



# Lentil Tacos

Recipe from WSU Snap-Ed



## Ingredients



- 1 cup lentils, rinsed
- 2 1/2 cups water
- 1 tsp. garlic powder
- 1 tsp. cumin
- 2 Tbsp. chili powder
- 1 cup tomato sauce
- 6 (5-inch) tortillas, hard or soft



## Directions



Yield: 6 servings    Serving Size: 1 taco

Total Cost: \$2.41    Serving cost: \$0.40

1. Combine lentils, water, and spices in a medium saucepan. Stir to mix.
2. Cover and bring to a boil. Reduce heat and simmer 30 minutes or until liquid is absorbed and lentils are tender. Add more water if needed.
3. Stir in tomato sauce and cook for one minute to heat through.
4. Spread on tortilla and roll up to form a taco. Serve hot or at room temperature.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips

- Add onion, bell pepper, cabbage, tomatoes, shredded cheese, olives, or other vegetables for a heartier meal.
- Substitute baked tortilla chips or rice for corn tortillas.
- Use canned, drained, and rinsed black, kidney, or pinto beans instead of lentils to cut down cooking time.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 taco</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 3.78mg	20%
Potassium 517mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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