



Lentil Tacos



Ingredients



- 1 1/2 cup dry lentils
- 3 cups water
- Packet of taco seasoning
- **Or** homemade seasoning as follows:
- 1 Tbsp. Chili Powder
- 1/4 tsp. Garlic Powder
- 1/4 tsp. Onion Powder
- 1/4 tsp. Crushed Red Pepper

Directions



1. Combine all ingredients in a large pot
2. Bring to a boil
3. Decrease heat to simmer. Simmer for 15-20, until lentils are soft and water is absorbed
4. Enjoy!



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Fast Facts



This Recipe Provides



Protein



Low Fat



Fiber



Iron

Cooking Tips



- This taco seasoning can be used to season ground beef as well
- Taco seasoning can be used for base of your taco, top with veggies, cheese, and any other of your favorite taco toppings
- Can also be used as the base for a taco salad

Nutrition Facts



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Serving Size (170g)

Amount Per Serving

Calories 178 Calories from Fat 8

% Daily Value*

Total Fat 0.9g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol -1mg **0%**

Potassium 507mg **14%**

Sodium 332mg **14%**

Total Carbohydrate 30.3g **10%**

Dietary Fiber 15.4g **62%**

Sugars 1.2g

Protein 12.7g **25%**

Vitamin A 11% Vitamin C 5%

Calcium 4% Iron 24%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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