

Learn to Love Lentils



Why? Lentils are...

- Rich in iron and folate to keep your blood healthy
- A great source of protein and fiber to keep you full
- Packed with nutrients that keep your heart healthy
- Filled with calcium to keep your bones strong

How to Prepare Lentils:

- Canned lentils are fully cooked, just reheat and enjoy.
- Dry lentils must be rinsed and cooked before eating. Unlike other dried beans, they do not need to be soaked before cooking. Once rinsed, combine 1 cup of dried lentils and 3 cups of water. Bring to a boil, cover, and reduce heat and simmer for about 20 minutes or until tender.

How to Use Lentils:

- Use in a soup or stew, or use in place of half or all of the meat in tacos, wraps, nachos, stuffed peppers, and so much more!

There are many types of lentils, such as brown, green, red, and black.

Food Safety:

- Both unopened canned or dried lentils should be stored in a cool dry place for up to 1 year.
- Cover and refrigerate within 2 hours of cooking or opening can.

Lentil Soup

Servings per recipe: 6

Serving size: 1 cup

Prep time: 10 minutes

Cook time: 40 minutes



Ingredients:

2 teaspoons olive oil
1 small onion, diced
1 large carrot, diced
4 cups water
1 ¼ cups dry brown lentils
1 teaspoon garlic powder
½ teaspoon oregano
1 (14.5 ounce) can diced tomatoes, no added salt
1 cup frozen chopped spinach
1 teaspoon salt
Black pepper, to taste

Directions:

1. In a large soup pot, heat the oil over medium heat.
2. Add onions and carrots. Cook for about 3 minutes, or until onions are soft.
3. Add water, lentils, garlic powder, and oregano. Bring to a boil, then reduce heat and simmer for 25 minutes.
4. Add tomatoes, spinach, salt, and pepper. Simmer for 10 minutes. Serve hot.

Nutrition Facts

6 servings per container
Serving size 1 cup

Amount per serving
Calories 100

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 15g	5%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2mg	10%
Potassium 436mg	10%

*The % Daily Value 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.

Cook once, eat twice.
Double the recipe, freeze half and save it for another meal.