

# Lentil Tacos

**Makes:** 6 servings

## Ingredients

- 1 1/2 cups dry lentils (sorted and rinsed)
- 1/4 cup raisins
- 4 cups water
- 1/2 green pepper (chopped)
- 4 garlic (cloves, minced)
- 1/2 teaspoon hot pepper flakes (optional)
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon basil
- 2/3 cup tomato paste

## Directions

1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes (Add more water if necessary).
3. Serve with corn tortillas. Can also be served over rice or noodles.

**Total Cost:** \$2.45

**Serving Cost:** \$0.41

**Source:** Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes



## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 Taco (93g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	<b>0%</b>
Calcium 35mg	<b>2%</b>
Iron 5mg	<b>30%</b>
Potassium 406mg	<b>8%</b>

\*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.

