

LENTIL TACOS

Preparation: **15** mins. | Cooking: **40** mins. | Servings: **6**

INGREDIENTS

12 taco shells
1 garlic clove
1 medium onion, finely chopped
2 1/2 cups vegetable or reduced sodium chicken broth
1 cup dried lentils, rinsed
1 tbsp. chili powder
2 tsp. ground cumin
1 tsp. dried oregano
1 tsp. canola oil



INSTRUCTIONS

In a large nonstick skillet, heat oil over medium heat; sauté onion and garlic until tender. Add lentils and seasonings; cook and stir 1 minute. Stir in broth; bring to a boil. Reduce heat; simmer, covered, until lentils are tender, 25-30 minutes. Cook uncovered until mixture is thickened, 6-8 minutes, stirring occasionally. Mash lentils slightly; stir in salsa and heat through. Serve in taco shells. Top with remaining ingredients.