

# Lentil Tacos

Prep time: 10 mins | Cook time: 15 mins

Servings: 6 | Yields: 6 tacos

## INGREDIENTS

1 tbsp. vegetable oil  
1 onion, chopped finely  
2 can brown lentils, drained and rinsed  
1-2 tsp Chili powder mix  
1 tsp Cumin powder  
1 tsp Garlic powder  
Salt and pepper, to taste  
½ cup water (and more if needed)

## For construction:

6 Whole wheat tortillas  
2 cups shredded cheese  
2 Large tomatoes, diced (optional)  
2 cups Iceberg lettuce, shredded (optional)  
Salsa (optional)  
Other toppings, to taste

## METHOD

1. Add oil to medium sized frying pan over medium heat, and then add your finely chopped onion.
2. Stir frequently until onions are golden brown.
3. Add well drained and rinsed lentil to the pan and mix together.
4. Add spices and stir, cook until fragrant.
5. Give them a taste- does it need salt and pepper?
6. Add water to thin out the filling, as desired.
7. To build your tacos, put about ¼ cup filling on a tortilla, and finish by adding toppings or your choice!

