

Nacho Average Lentil Taco

Lunch/Supper Crediting for Ages 3-5



Total Time

30 minutes



Serving Size

1/4 cup, slightly
mounded



Servings

12



Components

Meat/Meat Alternate
Grains, Vegetable

Ingredients

- 1/2 lb green lentils, dry
- 6 cups water
- 1 1/2 cups tomato sauce
- 1 tablespoon Southwest chipotle seasoning mix
- 1 teaspoon dried lime juice
- 8 oz. shredded cheddar cheese
- Salt to taste
- 12 corn taco shells
- Shredded lettuce (optional)
- Diced tomato (optional)

Directions

1. Heat water over medium-high heat in a large pot.
2. Rinse lentils with cool running water in colander. Add rinsed, drain lentils to hot water.
3. Bring lentils and water to a boil, then reduce temperature to a simmer. Cook covered, stirring lentils gently and occasionally for 20 to 30 minutes until tender and cooked through.
4. While lentils are cooking, combine tomato sauce and chipotle seasoning and heat to 140° F.
5. Drain cooked lentils and immediately add to hot, seasoned sauce. Add powdered lime and fold lentils into sauce.
6. Add slightly mounded 1/4 cup of lentils into a taco shell. Top with 2 tablespoons of shredded cheese. Garnish with shredded lettuce and diced tomato, if desired.





This recipe is courtesy of

USA Pulses (<https://www.usapulses.org/>).