



Quick & Easy Vegan Lentil Tacos

Watch the YouTube cooking demo via the link in the blog article.

Whip up these delicious Vegan Lentil Tacos in no time! Packed with protein from lentils and pinto beans, and bursting with flavor from onion, green pepper, jalapeno, and green chilis, this easy recipe is perfect for a quick family dinner or meal prep. Topped with fresh cilantro, lime-tomato, and creamy avocado, these tacos are a crowd-pleaser and a healthy choice for any night of the week. Check out the recipe below and enjoy this wholesome, plant-based vegan meal!

Ingredients:

- 1/4 cup vegetable broth
- 1 yellow onion, chopped
- 1 green pepper, chopped
- 1 jalapeno, sliced & seeded
- 1 package Trader Joes Steamed Lentils
- 1 can Muir Glen fire roasted diced tomatoes in chipotle sauce
- 1/2 cup water, divided
- 1 fresh tomato, chopped
- 1 can green chili, diced
- 1 can pinto beans, rinsed
- 1/3 cup Noble Alchemy's home-made taco seasoning (*link to recipe at www.noblealchemy.com/blog)

For serving:

Mixed greens, organic corn taco shells, or organic corn tortilla chips
Top with tomato, cilantro, lime juice, avocado, radishes, nutritional yeast

Procedure:

Heat ¼ cup vegetable broth in a large skillet over high heat. Add onion, pepper and jalapeno and cook till limp.

Crumble one package Trader Joes Steamed Lentils in the onion/pepper mixture and stir.

Add canned tomatoes (use about $\frac{1}{4}$ cup water swirled in the can and dumped into the pan to get all the seasonings out of the can), fresh tomato, canned green chili, canned pinto beans and stir.

Add $\frac{1}{3}$ cup taco seasoning and $\frac{1}{4}$ cup water and let simmer about 10 minutes over medium heat.

Serve on a bed of greens, in an organic corn taco shell or with organic corn tortilla chips and top with chopped fresh tomato, cilantro, avocado, radishes and/or nutritional yeast (about $\frac{1}{4}$ tsp)

Bon Appetit!