



Lentil Tacos

Ingredients

360 mL organic green lentils
720 mL vegetable broth
120 mL finely chopped onion
300 mL salsa
15 mL olive or avocado oil
15 mL ground cumin
5 mL dried oregano
5 mL paprika
60 mL fresh parsley
15 mL apple cider vinegar
15 mL coconut aminos or soy sauce
5 mL salt

1. Combine ingredients in a slow cooker. Stir a few times and cover.
2. Cook on HIGH for 3-4 hours or on LOW for 7-8 hours. Cook until lentils are tender and most of the liquid has cooked off.
3. Use a slotted spoon to portion out lentil taco filling into tortillas, over rice, greens or however you opt to enjoy this taco filling. Top with sliced avocado, extra red onion, cilantro or your favorite taco toppings.