



## Lentil Tacos

Prep Time: 10 min

Cook Time: 20 min

Serves: 4-6

### NUTRITION FACTS, PER SERVING:

350 Calories

15 g fat

680 mg sodium



### INGREDIENTS: \*\* Items not included in kit

- 12 corn tortillas
- 2 peaches, diced
- 1 tomato, diced
- 1/3 cup diced red onion

### LENTIL FILLING

- 1 TB olive oil\*\*
- 1 cup diced yellow onion
- 2 garlic cloves, peeled and minced
- Lentil Taco Blend (2 tsp chili powder, 1 tsp cumin, 1/2 tsp paprika, 1/2 tsp oregano)
- 1/4 tsp red pepper flakes
- 2 cups low sodium vegetable broth
- 1 cup dried lentils
- 1/4 tsp salt\*\*

### AVOCADO CILANTRO SAUCE

- 1 bunch cilantro, stems and leaves
- 1 avocado
- 1 garlic clove, peeled
- 1 TB lime juice, from 1 lime
- 2 tsp honey
- 1/4 tsp salt & 1/4 tsp black pepper\*\*
- 1/4 cup water\*\*

### DIRECTIONS:

1. Peel and dice the **peaches**, set aside. Dice **tomato**, set aside. These will be used for toppings.
2. **Lentil Filling:** In a large pot fitted with a lid, heat **1 TB olive oil** over medium heat. Add the **diced yellow onion** and sauté for 3-4 minutes until onions have become translucent. Add **2 minced garlic cloves** and sauté for 2 minutes more. Add the **Lentil Taco Blend, 1/4 tsp red pepper flakes, 1/4 tsp salt, 2 cups vegetable broth** and **dried lentils**, stir to combine, then cover pot and simmer for 8-10 minutes or until the liquid is absorbed and the lentils are tender, if needed add more broth.
3. **Avocado Cilantro Sauce:** Peel **1 garlic clove**, juice the **lime**, and halve the **avocado** to remove the pit and scoop out the flesh. To a blender or food processor, add all the ingredients listed under **Avocado Cilantro Sauce**. Blend until sauce is smooth adding up to an additional 1/4 cup water to reach desired consistency. Set aside to drizzle over tacos before serving.
4. Warm **corn tortillas** in the oven by wrapping the stack in foil and baking in a 350 degree oven for 10 minutes OR heat one at a time in a skillet over medium high heat for 2 minutes per side.
5. To assemble the tacos, spread **Lentil Filling** on a **warmed tortilla** and top with **diced peaches, diced tomatoes, diced red onion** and a drizzle of **Avocado Cilantro Sauce**.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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