



HOW TO COOK LENTILS

DIRECTIONS

1. Sort through lentils and rinse with water to remove any dirt or debris.
2. Add 3 cups of liquid (water, broth, etc.) for every cup of dry lentils. Be sure to use a large enough pot as the lentils will double or triple in size.
3. Bring to a boil, cover tightly, reduce heat, and simmer until tender.
 - a. For whole lentils, cook for 15-20 minutes.
 - b. For split red lentils, cook for 5-7 minutes.
4. Be sure to season with salt after cooking. If salt is added before, the lentils will become tough.

**Lentils do not require soaking like other pulses (i.e., beans and peas).*

SLOW COOKER LENTIL SOUP

INGREDIENTS

- Nonstick **cooking spray**
- 1 (14.5 ounce) **diced tomatoes**
- 1 cup **dry lentils**, sorted through and rinsed
- ½ **onion**, chopped
- 2 stalks **celery**, chopped
- 2 cups low-sodium **broth**
- 2 cups **water**
- 2 **bay leaves**
- ½ teaspoon **salt**

DIRECTIONS

1. Spray crockpot with cooking spray. Add all ingredients and stir. Cover and cook on low for 8 hours or on high 4 hours.
2. Remove and discard bay leaves and serve.

LENTIL FACTS & TIPS

1. Different types of lentils work differently in recipes.
 - a. Whole lentils are firmer and work great as a meat substitute in recipes like lasagna, chili, or tacos.
 - b. Split lentils are softer when cooked, making them perfect for soups, sauces, and dips.
2. Lentils are an excellent source of dietary fiber and protein and are good for your heart and digestive system.

Hope starts here.