

Smokey Lentil Tacos

Ingredients: roughly 1½ cups filling

3 tbsp broth

1½ cup finely diced onion (any color)

1-2 cloves garlic, minced

¾ cups finely shredded carrot (or try sweet potato)

¾ cups cooked lentils (⅓ cup dry lentils with ⅔ cup water)

¼ tsp salt (plus more to taste)

½ tsp smoked paprika (plus more to taste)

½ tsp ground cumin (plus more to taste)

½ tsp chili powder (plus more to taste)

½ chipotle pepper in adobo sauce, roughly chopped (omit for less heat)

½ -1 tsp soy sauce

½ -1 tsp sweetener of your choice

½ -1 tsp nutritional yeast (optional)

½ -1 tsp lime juice

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Smokey Lentil Tacos

Instructions:

- Heat a large skillet over medium heat. Once hot, add broth, onion, and garlic. Sauté for 4-5 minutes.
- Add carrots and sauté for several minutes to get slightly browned and tender, stirring frequently. Then add cooked lentils, salt, paprika, cumin, chili powder, chopped chipotle pepper with the adobo sauce (start with 1 tsp for low spice level), soy sauce, sweetener, and nutritional yeast (optional). Stir to combine.
- Cover and cook over medium-low heat for 10 minutes, stirring occasionally. Then remove the lid and cook for 5-10 minutes more or until the carrots are tender and the color has deepened. Stir occasionally and add more broth (or water) as needed if it dries up. Near the end of cooking, add lime juice and stir.
- Taste and adjust flavor as needed, adding more paprika or cumin for smokiness, salt to taste, sweetener for sweetness, lime for acidity, soy sauce for umami flavor, or chipotle peppers for heat.

Optional: Scoop half of the mixture into a food processor or blender and mix/pulse or use a immersion blender. This creates a more cohesive texture but isn't necessary.

Serve on tortillas with your favorite taco toppings.

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