



Prep time: 1 hour, 30 minutes

What you need:

- ½ cup lentils (any color)
- 2 cups water
- ¾ teaspoon olive oil
- 2 tablespoons chopped onion
- ¾ teaspoon minced garlic
- ½ teaspoon ground cumin
- ¾ teaspoon mild ground red chili (optional)
- ½ teaspoon chili powder
- 1/3 cup diced tomatoes, canned or fresh
- ½ teaspoon salt
- 2 tablespoons chopped, fresh cilantro

Equipment and supplies

- Saucepan
- Skillet
- Measuring cups/spoons
- Oven/stove

What to do:

1. Combine the lentils and water in a saucepan.
2. Bring to a boil over high heat.
3. Reduce the heat to medium and cook the lentils until tender, about an hour. If needed, add more water.
4. Heat olive oil in a skillet.
5. Sauté the onion and garlic in the olive oil for 2-3 minutes, until softened.

6. Stir in the cumin, ground red chili (optional), and chili powder.
7. Add onion-garlic-spice mixture to the cooked lentils.
8. Stir in the tomatoes and salt.
9. Bring to a boil.
10. Reduce heat to low. Simmer uncovered for 10 minutes.
11. Just before serving, stir in the chopped cilantro.

How much does this recipe make?

Six servings