**Bowdoin College**

**Lentil Tacos**

Yield: 10 portions

2 tsp. Canola Oil
1 ¼ c. Spanish Onions, chopped
2/3 c. Celery, chopped
2 tsp. Garlic
1 ¼ c. Lentils, washed
1 ½ Tbsp. Chili Powder
2 tsp. Cumin
1 tsp. Oregano
2 ½ c. Vegetable Stock
1 ¾ c. Salsa
10 Taco Shells

Iceberg Lettuce, shredded
Tomatoes, chopped
Monterey Jack Cheese, shredded

1. Heat oil and sauté onions, celery and garlic for 5 minutes until tender but not brown.
2. Stir in lentils, chili powder, cumin and oregano. Cook for 1-2 minutes.
3. Add stock. Bring to a boil then cover and simmer for 20 minutes or until lentils are tender.
4. Remove lid and cook until mixture is thickened, 6-8 minutes.
5. Add salsa and stir to combine. Taste and add salt if desired.
6. Serve in warm taco shells (or soft if preferred) topped with lettuce, tomato and cheese.