



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 ¼ 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.