



GBS HEALTH & WELLNESS

Chipotle Lentil Tacos

Adapted from delish.com | Serves 3-4



About this Recipe

Tacos and the month of May go hand in hand. Not only is May officially “National Taco Month”, but we also celebrate Cinco de Mayo! Bursting with flavor, these tacos are vegan-friendly and a great way to change up “Taco Tuesday”.

Did you know lentils are a good source of vegetable protein and contain a high amount of iron? To help the body absorb iron from lentils, soak them in water overnight.

INGREDIENTS

Avocado Dressing

- › ½ avocado
- › 1 Tbsp olive oil
- › ¼ c. Fresh Cilantro leaves
- › 1 garlic clove, minced
- › Salt to taste

Lentil Filling

- › 2.5 c. cooked green lentils (you may substitute other colors)
- › 1 Tbsp olive oil
- › ½ yellow onion, chopped
- › 2 garlic cloves, minced
- › 3 Tbsp tomato paste
- › 1 chipotle pepper, chopped
- › 1 tsp ground cumin
- › ½ tsp ground coriander
- › Salt to taste

Tacos

- › 8 corn tortillas
- › Pickled red onions
- › Cilantro leaves
- › Lime

DIRECTIONS

Avocado Dressing

1. Combine avocado, olive oil, cilantro and garlic in a food processor along with 2/3 of a cup of cold water
2. Blend until smooth and set aside

Lentil Filling

1. Heat oil in a large skillet
2. Add onion and cook until soft, about 5-6 minutes
3. Add garlic and cook until fragrant, about 30-60 seconds
4. Add tomato paste and chipotle pepper and cook until paste has darkened
5. Add lentils, spices and ¼ c. cold water; cook until everything is heated, and liquid has evaporated
6. If the pan becomes dry, add 1 Tbsp of water at a time until dampened

Tacos

1. Assemble the tacos by adding the lentil filling, and pickled onions.
2. Top with avocado dressing

