



LENTILS

Lentils are easy to prepare as pasta and can be used in all sort of meals and snacks!

INGREDIENTS

- Lentils
- Water

HOW TO STORE:

- Dry Lentils
 - Store time: up to 1 year
- Canned Lentils (sealed)
 - Store time: several years
- Cooked/canned Lentils (open in refrigerator)
 - Up to 5 days
- Cooked Lentils (freezer)
 - 6 months

PROCEDURE: STOVETOP & OVEN

01

Rinse lentils with water — no need to soak!

02

Combine lentils and water, bring to a boil. For every cup of lentils, use 2.5 cups of water.

03

Most types of lentils need to simmer for 20-40 minutes until tender. Some types of lentils (like split red lentils) only take 5-10 minutes.





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Crispy Lentil Meatballs

INGREDIENTS

- 1 cup dry lentils
- 1 lb. lean ground beef
- 1 cup parmesan
- 1 tbsp garlic
- 2 tbsp Italian seasoning
- 1 tbsp pepper/salt
- 2 eggs
- 2 tbsp oil

HOW TO STORE:

- Dry Lentils
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 - Up to 5 days
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 - 6 months

PROCEDURE: STOVETOP & OVEN

01

Rinse lentils. Bring to a boil in 2 cups of water, reduce heat, simmer for 35-40 min. or until soft. Strain off excess water.

02

Mix ground meat, parmesan, garlic, Italian seasoning, pepper, and salt. In a separate bowl, mash cooked lentils with a fork. Add eggs, continue mashing until well mixed. Combine lentil and egg puree into beef mixture. Form meatballs using 1/4 cup of mixture and roll into balls.

03

Heat pan over medium heat with 2 tbsp cooking oil. Add meatballs to hot pan. Allow meatballs to brown, and then rotate and repeat until all sides are golden, crispy brown. Serve over pasta or veggies.

