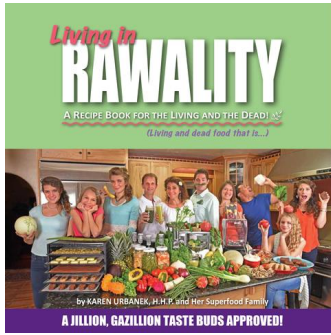




This is a staple meal in our house. We enjoy it every week. We usually make enough for left overs. YUM!

Ingredients

- 4 c. lentils
 - 8 c. distilled water
 - 3 tsp. taco seasoning
(try Karen's Original Terrific Taco Spice blend)
 - 1-2 cloves minced garlic
 - 2-3 tbsp. minced onions
 - sea salt (to taste)
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How To Cook

- Cook the lentils in the water until soft
 - Add spice blend, garlic and onion
 - Spread over tortilla or tostados
 - Top with your choice! Try diced black olives, shredded lettuce, cubed tomato salsa, guacamole
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Karen's Original Chili Powder Spice Blend (makes 1 cup of blend)

4 1/2 tbsp. paprika
3 tbsp. turmeric
2 tsp. dried red pepper flakes
2 tsp. ground cumin
1 tsp. dried oregano
1/2 tsp. ground cayenne pepper
1/2 tsp. garlic granules
1/2 tsp. sea salt
1/4 tsp. ground cloves

Combine the spices and store the mix in a sealed jar.

Karen's Original Terrific Taco Spice Blend (makes 2 cups blend)

8 tbsp. Karen's Original Chili Powder Spice Blend
6 tbsp. ground cumin
4 tsp. onion granules
1/3 c. garlic granules
2 tbsp. sea salt

Combine the spices and store the mix in a sealed jar.