

You Can Cook! | Dry Lentils

FOR RECIPES, VISIT

<https://go.Illinois.edu/EatMoveSave>

EAT.
MOVE.
SAVE.



There are several types of lentils, including red and black (or beluga).



Beans that are old, including lentils, may need more time or might not soften.



Remove rocks, broken lentils, or other beans. Rinse lentils under water to remove dust.



Add lentils to a saucepan of cold water. For every 1 cup of lentils, use 3 cups water.



Bring to a simmer, add lid, and cook for 15-20 minutes or until tender. Drain extra liquid.



Your cooked lentils are ready to use in recipes!

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5 Ways to Eat Cooked Lentils

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EAT.
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Crockpot Vegetable Stew



Make it a side dish with olive oil and lemon juice



Use as taco "meat"



Mix with pasta sauce



Add to a salad