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

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!

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

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.
5 Ways to Eat Cooked Lentils

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

FOR RECIPES, VISIT https://go.Illinois.edu/EatMoveSave

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