

Vegan Cooking with DECAF

SPICED LENTIL TACOS

Ingredients

1 tablespoon olive oil
1 cup finely chopped onion
1 clove garlic, chopped
1/2 teaspoon salt
1 cup dried brown lentils, rinsed
1 package (2.25 ounce) taco seasoning
2 1/2 cups vegetable broth
8 taco shells
1 1/4 cups shredded lettuce
1 cup chopped tomato
1 avocado
1 jalapeno

Preparation

Heat oil in large skillet over medium-high heat.

Cook onion, garlic and salt until onion begins to soften, 3 to 4 minutes. Add lentils and taco seasoning. Cook until spices are fragrant and lentils are dry, about 1 minute. Add broth; bring to a boil. Reduce heat, cover and simmer until lentils are tender, 25 to 30 minutes. Uncover lentils and cook until mixture thickens, 6 to 8 minutes. Mash with a rubber spatula. Spoon 1/4 cup lentil mixture into each taco shell. Top with spicy guacamole, lettuce and tomato.

Adapted from <http://www.epicurious.com/recipes/food/views/Spiced-Lentil-Tacos-351390>



MANGO BLACK BEAN QUINOA

Ingredients

1 cup quinoa
1 mango
1 can of black beans
cherry tomatoes
1 jalapeño
cilantro
3 limes juiced
1 tablespoon agave syrup
1/4 a cup or more of olive oil

Preparation

- (1) cook the quinoa to package directions
- (2) dice the mango
- (3) open the black beans and rinse
- (4) slice the cherry tomatoes half wise
- (5) de-seed and the chop the jalapeño
- (6) chop the cilantro
- (7) combine everything from steps 1- 6 in a large bowl
- (8) combine lime juice, agave syrup, and olive oil in a mason jar (tupper ware with lid) and shake to combine
- (9) pour the dressing on the quinoa and enjoy