

Green Lentils – Vegan

Prep Time: 10 minutes
Cook Time: 50 minutes
Total Time: 60 minutes

Serving Size: 4
Calories per serving: 170
Fat per serving: 7 grams

Ingredients

- 2 cups water
- 1 cup green lentils
- 2 stalks green onions, chopped
- 1 clove garlic, minced
- 1 tablespoon tomato paste
- 2 tablespoons olive oil
- 2 tablespoons low sodium soy sauce
- Black pepper, to taste

Instructions

1. In a sauce pan heat olive oil over medium heat.
2. Add garlic, tomato paste, and stir frequently for about 5 minutes.
3. Add water and lentils, and stir occasionally. Reduce heat and keep cover. Cook for about 50 minutes.
4. Remove from heat, set aside, covered for 5 minutes.
5. Add soy sauce and pepper, to taste. Top with chopped onion and serve.

Notes

Nutrition facts (per serving): Calories: 170, from fat: 60, total fat: 7g, cholesterol: 0mg, sodium: 285mg, total carbohydrate: 25g, fiber: 9g, sugar: 2g, protein: 2g.