

Lentil Tacos

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1 onion, diced

1 stalk celery, diced

3 cloves garlic, minced

1 tablespoon olive oil

1 cup brown lentils, dry

1 tablespoon, plus 1 tsp chili powder (or more if you like 'em spicy)

2 teaspoons ground cumin

1 teaspoon dried oregano

3 cups water or vegetable broth

3 tablespoons dried black currants or raisins, minced

1 cup salsa, plus additional for topping

In a large skillet over medium heat, sauté the onions, celery, and garlic in the olive oil for five minutes or until vegetables are soft. Stir in the lentils, chili powder, cumin, and oregano. Cook for one minute. Add the water/broth and raisins. Cover and cook for 20 minutes, or until the lentils are tender. Remove the lid and cook an additional 10 minutes (until lentils are thick), stirring often. Fold in the salsa.