



A Nutrition Resource

# LENTIL TACOS

## Pressure Cooker Recipe

Yield: 4 Serving | Serving Size: 1/2 Cup

Cost/serving: \$2.07\*

### Ingredients:

- 1 Cup dry lentils (brown or green) 1/2
- Cup white onion, diced
- 1 can (14.5 oz) low-sodium chicken broth 1/2 cup water
- 3/4 Cup salsa
- 1/2 Teaspoon Cumin
- 1/2 Teaspoon Chili powder
- 1/2 Teaspoon Garlic powder
- 1/4 Teaspoon Paprika

### Directions:

- 1) Peel onion and dice
- 2) Add lentils, onion, broth, water, salsa, and spices to pressure cooker.
- 3) Stir to combine ingredients and lock lid.
- 4) Ensure valve is set to sealed position and set manual pressure to high for 15 minutes.
- 5) After cooking time, quick release pressure ( if too much liquid still remains, use saute function and simmer lentils for 2-4 minutes to reduce liquid.
- 6) Serve on tortillas or taco shells with garnishes or taco salad.

### Nutrition Facts

|                               |                               |
|-------------------------------|-------------------------------|
| 4 servings per container      |                               |
| <b>Serving size</b>           | <b>1/2 Cup (222g)</b>         |
| <b>Amount Per Serving</b>     |                               |
| <b>Calories</b>               | <b>60</b>                     |
|                               | <small>% Daily Value*</small> |
| <b>Total Fat</b> 1g           | <b>1%</b>                     |
| Saturated Fat 0.24g           | <b>1%</b>                     |
| <i>Trans</i> Fat 0g           |                               |
| <b>Cholesterol</b> 0mg        | <b>0%</b>                     |
| <b>Sodium</b> 390mg           | <b>17%</b>                    |
| <b>Total Carbohydrate</b> 11g | <b>4%</b>                     |
| Dietary Fiber 2g              | <b>7%</b>                     |
| Total Sugars 3g               |                               |
| Includes 0g Added Sugars      | <b>0%</b>                     |
| <b>Protein</b> 5g             | <b>10%</b>                    |

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**\*Note:** Recipe and nutrition facts are only for lentil taco filling.

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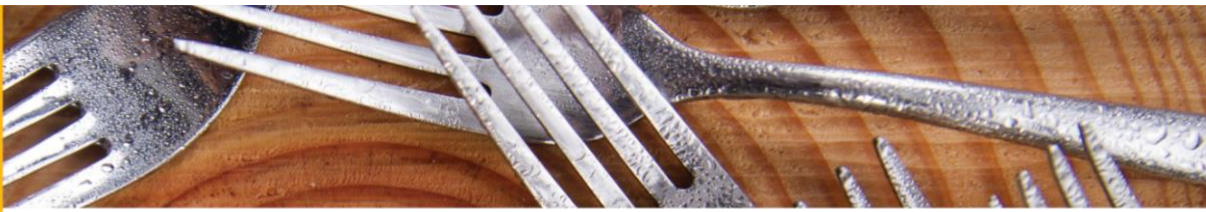


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Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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