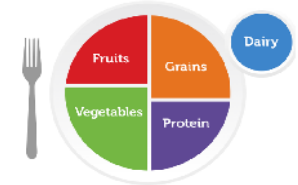




# LENTIL TACOS



Color your meal!



MyPlate.gov

## Ingredients:

**1 1/2 cup dry lentils, sorted & rinsed**  
**3 cups water**  
**1/2 green pepper, chopped**  
**4 cloves garlic, minced**  
**2/3 cup tomato paste, low sodium**

**1 tsp chili powder**

**1 tsp cumin**

**1/2 tsp basil**

**1/2 tsp hot pepper flakes, optional**

**1/4 cup raisins, optional**

## Directions:

1. Bring water to a boil and add lentils. Cook for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes. Add more water if necessary.
3. Serve with corn tortillas. Can also be served over rice or noodles.

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

# Want to apply for SNAP Benefits?

## Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

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Comida y otros recursos  
**LÍNEA DE AYUDA**



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

**1-888-544-8773**


**F.O.R.**  
Food and Other Resources  
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For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

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**F.O.R.**  
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

**1-888-544-8773**

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Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan  
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**food BANK** **MiDHHS**  
Operated by the Food Bank Council of Michigan  
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