

INGREDIENTES

- 2 Teaspoons oil
- 1 cup lentils (wash well)
- 5 cups of chicken stock or knorr suisa
- 1/2 cup onion
- 2 pieces of garlic
- 2/3 cup of chopped carrots
- cilantro
- Salt and Pepper al gusto

Lentejas



4 servings

1. In a large saucepan put lentils, salt, cilantro and chicken stock to boil.
2. In a non-stick skillet heat oils and saute the garlic and onions over medium heat for 5 min.
3. Add carrots and tomato to the skillet and cook for 5 minutes
4. Add the contents of the skillet to the boiling pot of lentils.
5. Reduce to a simmer and cook for 25-30 minutes.
6. Optional: Add a dollop of sour cream to make it creamy

In many Mexican homes Lentils are synonymous with Lent. On **NOTES** Fridays during lent you can make *Lentejas* as a first dish and create memories of traditional Lent meals for your family.