

Simple Lentils

Adapted from *Basic Lentils* in Nourishing Traditions by Sally Fallon

Ingredients:

- 1 cup lentils, any kind
- 2 cups stock (beef, chicken, vegetable) or water
- 2 cloves garlic, peeled and mashed
- ½ tsp dried thyme
- pinch dried chili flakes (optional)
- ¼ tsp pepper
- ½ tsp sea salt
- 2 Tb lemon juice, divided

Method:

- *Cover lentils with warm water. Soak for 7-12 hours.
- Drain and rinse lentils. Place in pot, add stock, and bring to boil (skim foam as created).
- Add garlic, thyme, optional chili flakes, pepper and salt.
- Simmer for 30-60 minutes until liquid is absorbed and tender. Stir occasionally and add liquid as needed.
- Add lemon juice and season to taste.
- *Soaking the lentils first makes them easier to digest and increases nutrient absorption.

Makes a great side dish, combine with rice and vegetables, or add to soups or salads!

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