


3 EASY STEPS TO:

Lentils



1. Rinse lentils with water—no need to soak!
2. Combine lentils and water, bring to a boil.
 For every cup of lentils, use 2.5 cups of water.
3. Simmer for 5-20 minutes until tender.

TIP:
 $\frac{1}{4}$ cup dry =
 $\frac{1}{2}$ cup cooked



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