

Smack's Lentils

Ingredients

1- cup of red lentils
2 cups of water
8-10 small pitted dates
¼ cup cashews
1 tsp apple cider vinegar
¼ cup tahini
1tbls crushed ginger
3 tbls fresh chopped cilantro
¼ lime squeezed
¼ cup whole pitted kalamata olives

Spices and Seasonings

½ tsp ras el hanout (or curry)
½ tsp onion powder
½ tsp cardamom
½ tsp garlic powder
½ tsp cumin
1 tsp cayenne
1 tsp turmeric
Dash of salt



ZEN BLACK SHEEP

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Servings: 4

Directions:

1. Rinse off lentils thoroughly *Note: soaking or sprouting lentils and other beans beforehand makes them more easily digestible*
2. Place lentils and apple cider vinegar in a medium saucepan and turn on high uncovered until boiling.
3. Once boiling, reduce heat to simmer and add in everything except for the cilantro and lime.
4. Simmer on low, covered, for 10 minutes while stirring occasionally. Stir regularly and add in water if mixture begins to dry out.
5. Add in olives, cover, and simmer for another 10 minutes.
6. Turn heat off and add cilantro and squeeze of lime, stir well and cover.
7. Serve over rice or on it's own.

