



## Lentil Frito Pie

🕒 1 hour 🍴 6 servings

### Directions

#### Stove-Top Version

1. Dice onion and mince garlic. Heat a medium pot over medium heat. Once hot, add oil, onion, and garlic. Sauté 8-10 minutes, stirring occasionally, until onion becomes translucent. Add chili powder, cumin, and salt to pot with onion and cook 1-2 minutes more until spices are fragrant.

2. Add lentils, tomatoes (include liquid), water, and salt to pot with onion. Stir to combine and bring to a boil, then reduce heat, cover, and simmer 45-50 minutes. Stir every 15 minutes and cook until lentils are tender and all water has been absorbed.

#### Slow-Cooker Version

1. Add all ingredients EXCEPT cheese and Fritos to a large slow cooker. Stir to combine and cook on low 6-10 hours or on high 3-5 hours. Add more water for a longer cook time.

#### Serving Suggestion

1. Serve lentils topped with 1/4 cup shredded cheese and 1/2 cup Fritos.

### Notes

#### Total time: 60+ min

Prep time: 10-15 min // Cook time: 45 min - 10 hrs

#### Serving Size

1 cup lentils + 1/4 c. cheese + 1/2 c. chips

#### Pro Tip

for variety, try adding cooked kidney beans, roasted chiles, or corn to this tasty meal. For an easier slow-cooker option, skip step one and simply add all ingredients to a large slow-cooker and cook as instructed.

#### Cooking Equipment

Cutting board | Chef's knife | Small saucepan or medium pot | Optional slow-cooker

**Leftovers** Refrigerate in airtight container up to a week. Freeze up to several months.

**Dice onion** trim top and base off onion, then peel tough outer layers (usually top 1–2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

**Mince garlic** smash garlic clove: place flat edge of chef's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices and cut into very thin matchsticks. Turn a quarter-turn and mince finely.

### Ingredients

- 1 Yellow onion (diced)
- 4 clove Garlic (minced)
- 2 tbsp Extra virgin olive oil
- 2 tbsp Chili powder
- 2 tsp Cumin
- 1 tsp Salt
- 1 cup Brown lentils (1 cups = 1/2 lb lentils)
- 1 3/4 cup No salt added diced tomatoes (1 3/4 cup = 14.5 oz can)
- 3 cup Water
- 1 1/2 cup Shredded cheddar cheese (omit or sub cashew cheese for dairy-free option)
- 3 cup Fritos

### Nutrition (estimate per serving)

Calories	540 kcal	Fat	30 g
Carbohydrates	38 g	Protein	19 g
Fiber	14 g	Sugar	4 g
Cholesterol	28 mg	Sodium	860 mg
Vitamin A	1182 IU	Vitamin C	10 mg
Calcium	328 mg	Iron	5 mg

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