

Breakfast | Lunch | Dinner | Snack

Make-Ahead Cooked Lentils

5 Mins
Prep Time

20 Mins
Cook Time

15
Servings

116 Calories **2g** Fat **17g** Carbs **8g** Protein



Ingredients

15 Servings • **½ Cup** Servings **25 Mins** Total Time **Allergens: None**

3 Cups Brown or Green Lentils, dried 

9 Cups Chicken Stock

Nourishment Note

Lentils



Lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate, and iron. A half cup of cooked lentils has about 8 grams of fiber. Fiber is very helpful for preventing constipation, a common side effect associated with MS. Fiber is also beneficial for improving gut health.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Rinse Lentils

In a colander, rinse lentils thoroughly.

3. Combine Ingredients

Place lentils in a large stockpot and add the chicken stock. For vegetarian dishes, vegetable stock may also be used.

4. Bring To Boil

Bring to a boil. Once boiling, reduce heat and simmer, covered, for 15 to 20 minutes, or until tender. Do not overcook the lentils, they will split and become mushy.

5. Drain & Store

When cooked through, promptly drain lentils. Use in future recipes.

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Colander



Measuring Cups



Large Stockpot



Spoon

Fatigue Buster

- Place unused, cooked lentils in resealable plastic bags. Lay flat and freeze. Thaw for future recipes within 3-4 months.