

Breakfast | Lunch | Dinner

Make-Ahead Cooked Lentils

Side Effect: Constipation

5 Mins
Prep Time

15-20 Mins
Cook Time

16
Servings

 **71** Calories **0g** Fat **16g** Carbs **10g** Protein

Ingredients

 **16** Servings • **½ Cup** Serving Size

 **20-25 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 9 grams of fiber, about 32% of your daily fiber needs! Fiber is very helpful for preventing constipation, a common side effect associated with cancer. 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. Refrigerate within 2 hours. Store in the fridge for up to 2 days, or in the freezer for up to 2 months.

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.