

Breakfast | Lunch | Dinner

Make-Ahead Cooked Lentils

Side Effect: Constipation

5 Mins Prep Time 15-20 Mins

16

Cook Time Servings

71 Calories Og Fat 16g Carbs 10g Protein



Ingredients

16 Servings • 1/2 Cup Serving Size

20-25 Mins Total Time

Allergens: None

3 Cups Brown or Green Lentils, dried



9 Cups Chicken Stock

Nourishment Note



(7) 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

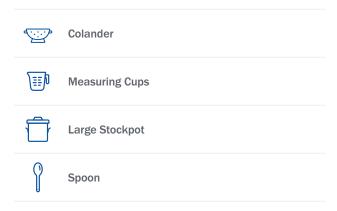
When cooked through, promptly drain lentils. Refrigerate within 2 hours. Store in the fridge for up to 2 days, or in the freezer for up to 2 months.

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

What You'll Need



Fatigue Buster

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