



4 servings



30 minutes

Plant-Based Dinner

Sweet & Sour Lentils

Ingredients

1 cup dry brown lentils
2 cups water (+1 as needed)

Sweet & Sour Sauce:

2 Tbsp Soy sauce
2 Tbsp maple syrup
2 Tbsp rice vinegar
1 Tbsp nut butter
1 Tbsp chili paste
1 tsp sesame oil
1/4 tsp garlic powder
Garlic & Ginger to taste

Method

1. Bring water and lentils to a rapid boil. Reduce to medium and cook covered for 30 minutes until tender. (If water cooks out before lentils are soft, add more!)
2. Whisk all sauce ingredients in a glass measuring cup. (Taste and adjust flavors as needed)
3. Stir sauce into lentils pot. Ta-da!

Serving Ideas:

Toss with lettuce and diced mango/pineapple for salads.

Spoon lentils onto brown rice for grain bowls.

Fill wraps/pitas with lentils & greens for quick lunch.



Once you have these ingredients in your pantry, the sauce is quick and easy. Andrew likes to add red pepper flakes for extra spice! While some recipes ask you to pre-soak lentils, I never have. Inspired by "Vegan Richa" Blog in 2014.