

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 Rinse Lentils

In a colander, rinse lentils thoroughly.

2 Combine Ingredients

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

3 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.

4 Drain & Store

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

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.