

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 and all cooking surfaces with soap and warm water before beginning.

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 Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

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.