**INGREDIENTS**

- Lentils
- Water

**HOW TO STORE:**

- Dry Lentils
  - Store time: up to 1 year
- Canned Lentils (sealed)
  - Store time: several years
- Cooked/canned Lentils (open in refrigerator)
  - Up to 5 days
- Cooked Lentils (freezer)
  - 6 months

**PROCEDURE: STOVETOP & OVEN**

01 Rinse lentils with water — no need to soak!

02 Combine lentils and water, bring to a boil. For every cup of lentils, use 2.5 cups of water.

03 Most types of lentils need to simmer for 20-40 minutes until tender. Some types of lentils (like split red lentils) only take 5-10 minutes.

**LENTILS**

Lentils are easy to prepare as pasta and can be used in all sorts of meals and snacks!
INGREDIENTS

- 1 cup dry lentils
- 1 lb. lean ground beef
- 1 cup parmesan
- 1 tbsp garlic
- 2 tbsp Italian seasoning
- 1 tbsp pepper/salt
- 2 eggs
- 2 tbsp oil

HOW TO STORE:

- Dry Lentils
  - Store time: up to 1 year
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  - 6 months

PROCEDURE: STOVETOP & OVEN

01 Rinse lentils. Bring to a boil in 2 cups of water, reduce heat, simmer for 35-40 min. or until soft. Strain off excess water.

02 Mix ground meat, parmesan, garlic, Italian seasoning, pepper, and salt. In a separate bowl, mash cooked lentils with a fork. Add eggs, continue mashing until well mixed. Combine lentil and egg puree into beef mixture. Form meatballs using 1/4 cup of mixture and roll into balls.

03 Heat pan over medium heat with 2 tbsp cooking oil. Add meatballs to hot pan. Allow meatballs to brown, and then rotate and repeat until all sides are golden, crispy brown. Serve over pasta or veggies.