

## LENTILS

[illegible]

## General Stove-top Cooking Instructions

In most situations, 1 cup dried lentils will produce about 2 1/2 cups of cooked lentils.

1. Place 3 cups liquid (water, broth, or stock) into a large saucepan with a cover. Add 1 cup of dry lentils that have been sorted, thoroughly rinsed, and drained.
2. To infuse flavor into lentils while simmering, select fresh or dried herbs, a bay leaf, diced or sliced onion, and whole or crushed garlic cloves. This is optional and dependent on how the lentils will be used.  
NOTE: Do not add salt or acid to the cooking water, as it can affect absorption and make the lentils tough.
3. Bring to a low boil, cover tightly, reduce the heat and simmer *gently* over low heat until they are tender. Consult specific recipes for precise cooking times. Drain any remaining liquid.
4. Season lentils with a small amount of salt and splash of acid after cooking is complete. Toss gently to distribute. Taste and adjust seasonings as needed.

Canned lentils may be used at room temperature, chilled in salads or heated in soups, stews, casseroles and other dishes.