

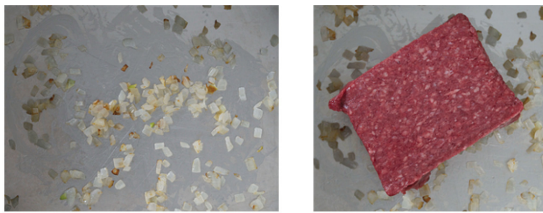


BEEF AND LENTIL TACO WITH CILANTRO YOGURT SAUCE

STEP-BY-STEP



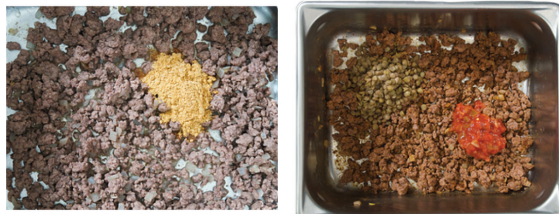
Place lentils and water in a pan.
Cover and steam for 20 minutes.



Sauté onion in a tilt skillet with oil.
Add ground beef.



Break up ground beef and
cook until almost done.



Drain beef, then add seasoning.
Continue to cook until brown.



Add lentils and salsa.
Mix to combine and cook
until heated through.



Prepare cilantro yogurt sauce.
Blend together yogurt, cilantro,
lime juice and spices.