



Protected: Lentil Tacos with Carrot-Jicama Slaw

Servings **6-8** Cook **45 min**

Mail Ingredients

3 cups Water	1 Tbsp. Tamari or Soy Sauce
1 cup Black Lentils aka Beluga Lentils (rinsed)	2-3 cloves Garlic (minced)
½ tsp. Olive Oil	2 Tbsp. Apple Juice
½ Onion (chopped)	1 tsp. Toasted Sesame Oil
8 oz. Mushrooms (any kind, cut into bite-sized pieces)	

Carrot-Jicama Slaw

½ lb. Jicama	2 Tbsp. Rice Vinegar
1 small Cucumber	1 Tbsp. Lime Juice
1 Carrot	¼ tsp. Salt

Directions

- 1** For the lentils: Bring the water to boil in a medium saucepot over high heat and add the lentils. Turn the heat to low and simmer until tender, about 30 minutes. Drain the excess water and set aside.
- 2** In a large wok or skillet, heat the oil over medium heat and add the onion. Cook until the onion becomes translucent, about 3 minutes. Add the mushrooms and cook until they release some of their liquid, about 3 minutes. Add the tamari, stir, and then add the lentils. Mix that shit up and then add the garlic and apple juice. Yes, fucking apple juice. Just do it. Cook until most of the liquid has evaporated, about 2 minutes. Turn off the heat and stir in the toasted sesame oil. Taste that shit. Fucking awesome.
- 3** Now, the slaw. Cut the jicama, cucumber, and carrot into matchsticks no more than 1 inch long. Toss with the rest of the slaw ingredients and refrigerate before you serve it up.
- 4** To Make the tacos, warm the tortillas and fill those gifts from god with the lentil mix, some shredded cabbage or lettuce, the jicama slaw, and top with that herb salsa. These fuckers aren't half bad cold either if you are feeling too lazy to heat up leftovers. Cold tacos are still motherfucking tacos.