



Good basic lentil side dish or main course. See below for slow-cooker version.

0 SP per 1 cup serving, blue or purple WW plans

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| 1 | 1 lb dried brown lentils | Put in cooker, sort and rinse. |
| 2 | 4 cups low-sodium veg. broth | Add to cooker. I use a 32-oz. carton of Organic Imagine brand from Costco. |
| 3 | 12.5-oz can diced tomatoes | Add to cooker. You can get the Kirkland organic diced tomatoes by the carton at Costco. |
| 4 | 10-oz can RoTel Hot Diced Tomatoes with Habaneros | Add to cooker. |
| 5 | 8 oz firm tofu | Gently squeeze out excess liquid, then cut into 1/2-inch cubes and add to cooker. You can get 4-packs of 1-lb packages of House Brand firm tofu at Costco. |
| 6 | 1 white onion | Chop & add. |
| 7 | 2-3 large carrots | Chop & add. |
| 8 | 2 large stalks of celery | Chop & add. |
- Cook at high pressure for 15 minutes. Leave cooker on Warm setting for several hours for the flavor to get into the tofu.

Variations and Other Notes

- Slow cooker instructions: cook on low for 6 hours or so, until the lentils are tender.
- Add curry or chili spices for different flavor.
- Use RoTel Diced Tomatoes & Green Chilies (No Salt Added preferred) for less heat.
- This recipe was formatted using the *cuisine* package, which is available pre-installed on CoCalc as part of the L^AT_EX typesetting system; documentation at <https://ctan.org/pkg/cuisine>. You can view the source file at `spicy-lentils.tex`