
Lentils

Ingredients:

Amount (1, .50 , 8)	Unit (cup, Tbsp, g, ml)	Item (egg, chaya leaves, sugar)	Preparation (crushed, diced, whole)
2	cups	lentils	
6	cups	water	
1		onion	chopped
3-4	cups	tomato juice	
1	tbsp	oil	
2	cups	green pepper	diced
3	cloves	garlic	minced
2	tbsp	hot chilies (optional)	

Recipe Instructions:

1. Cook lentils with water until soft.
2. Brown onion, add tomato juice and oil. Cook 10 minutes.
3. Add green pepper and cook 5 minutes.
4. Turn heat off, add garlic cloves and hot chilies if using.

<http://edn.link/xftk6t>