



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## Humble Lentils

From Plant to Plate Cook book Diabetes Edition Tami Givens R.D.

### INGREDIENTS:

- 3 cups dry brown or green lentils 6 cups water
- 1 1/2 cups onions, chopped
- 1 tablespoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1–2 cloves garlic, minced
- Salt to taste

### DIRECTIONS:

- 1 Put all ingredients in a large pot and bring to a boil.
- 2 Once boiling, lower heat, cover, and simmer until lentils are tender, usually 30–45 minutes.

NOTE: *Serve over toasted whole wheat French bread or brown rice. Top with lettuce, tomatoes, onions, olives, and avocado. Finish with salsa and/or [Tangy Herb Salad Dressing](#) or favorite vegan ranch dressing.*



