

BBQ Lentils

Prep time: 10 minutes

Cooking time: 35 minutes

Yields: 4 servings

Ingredients:

1 cup black or green lentils

2 cloves garlic, 1 minced, 1 whole

1/2 onion, diced

1 tablespoon chili powder

1/2 cup ketchup

1 oz. apple cider vinegar

2 tablespoons honey or maple syrup

1 teaspoon sriracha hot sauce

salt and pepper to taste

Directions:

Bring the lentils to a boil with 2 cups of water and the onions and garlic. Simmer, uncovered, 25 minutes or until the lentils are soft but hold their shape. Lightly season with salt and pepper.

Stir in all other ingredients and bring to a simmer. Keep simmering until the sauce coats the lentils and is no longer soupy. Taste for balance of flavors and adjust seasoning as necessary.

Chef Mat Shalenko, Health Coach

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