

Lentil Taquitos

Oil free crispy lentil taquitos! These are amazing with a side of guacamole or homemade cheese sauce!

Prep:
10 minutes

Cook:
20 minutes

Ready In:
30 minutes

Servings:
2-3



Ingredients

- 1 cup brown or green lentils, cooked
- 1/2 red bell pepper, minced
- 1/2 small onion, minced
- 1/2 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp garlic salt
- 1 lime, juiced
- 2 tbsp tomato paste
- 1 tbsp nutritional yeast (optional)
- 3-4 tbsp water, as needed
- 6-8 corn tortillas

Instructions

- 1 Preheat oven to 400 degrees. Heat a saucepan over medium heat on the stove top and add in your onion and bell pepper with 1-2 tbsp of water and saute 2-3 minutes.
- 2 Next add in your lentils, spices and tomato paste and 1-2 tbsp more water. Toss everything in the pan until combined well then turn the heat up to high and stir continuously until the water has evaporated.
- 3 Take the lentil mix off the heat and squeeze in the lime juice and adjust any salt or seasonings to taste. Warm your corn tortillas either in the microwave for a few seconds or on the stove top. This makes them easier to roll.
- 4 Grab a warm tortilla and 2-3 tbsp of the lentil mix and roll like a little burrito. Once rolled place a toothpick in the roll to keep it from falling apart and place the taquito with the seam side down on a nonstick baking pan. Repeat this process until you run out of lentil mix.
- 5 Place the taquitos in the oven for 15-20 minutes. Watch them closely after 15 minutes. If you want them really crispy you can set the oven to broil at the very end for a minute or two but again watch closely so they do not burn! Enjoy with guacamole, fresh pico or homemade nacho cheese sauce! You can also freeze these they reheat very well.