



Product Data Sheet

July 2020

Raw, Dry, Green Lentils **USA Grown Organic**



Directions: Sort and rinse the lentils to be used. Reclose the Ziplok and Store in cool, dry place. Soak the lentils in excess water for 10 min then use in your recipes or cook in 4X water, boiling gently covered, for about 25 min. Use these rinsed, cooked lentils in salads or other recipes, or try the following:

Cuban Lentil Soup: To a heavy sauce pan add 2 Tbsp olive oil and sauté for about 10 min: 2 cups diced onions, 2 cups peeled potatoe chunks, 2 cups diced carrots, 2 cups diced winter squash (Butternut, acorn, Kabocha etc.) 1 cup diced celery, 1 cup green peppers (sweet or hot as you like), 10 mashed garlic cloves. 1 cup of ground meat or 2 cups of smoked sausage may be added with the vegetables. Add 4 cups of water, add 2 cups of rinsed lentils (uncooked), 3 bay leaves, 1 tsp cumin powder, 1/2 tsp dry thyme and Cayenne pepper and salt to your taste. Bring to boil, cover and cook on low heat while adding water as needed, for 30-45 min. Enjoy with JYOTI Basmati Supreme Rice or Corn or wheat tortillas.

Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
	32 servings per container	Total Fat 0g	0%	Total Carb. 18g
Serv. Size 1 oz (28g)	Sat. Fat 0g	0%	Fiber 3g	11%
Calories 100 per serving	<i>Trans</i> Fat 0g		Total Sugars <1g	
	Cholest. 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 0mg	0%	Protein 7g	
	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 1.8mg 10% Potassium 190mg 4%			

Ingredients: Dark Green Organic Lentils



**Grown and Packed
in the USA**

