



Slow Cooker Moroccan Lentils

8 servings

8 hours

Ingredients

- 2 cups Dry Lentils (brown or green, uncooked)
- 2 Tomato (medium, diced)
- 1 Yellow Onion (medium, diced)
- 3 Garlic (cloves, minced)
- 1/2 cup Parsley (chopped and divided)
- 1 tbsp Cumin
- 1 tbsp Paprika
- 2 tsps Sea Salt
- 8 cups Water

Nutrition

Amount per serving	
Calories	187
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	34g
Fiber	6g
Sugar	2g
Protein	13g
Sodium	615mg
Calcium	64mg
Iron	4mg
Folate	244µg
Vitamin B12	0µg
Zinc	2mg

Directions

- 1 Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
- 2 Garnish with remaining parsley and enjoy!

Notes

Serve it With, Greek yogurt, crusty bread, basmati rice, quinoa, brown rice tortilla chips or fried eggs.

Leftovers, Refrigerate in an airtight container up to 5 days. Freeze if longer.