



# Luscious Vegetarian Tacos

**Makes:** 50 Servings

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Ingredients	Weight	Measure
Olive oil		1/2 cup + 1 tsp
Fresh onions		1/2 gal + 1/4 cup
Fresh garlic		8 1/3 cloves

Salt		1 Tbsp + 1- 1/8 tsp
Lentils, dry		1/2 gal +1/4 cup
Cheddar/cheddar sub cheese	1 lb + 9 oz	
Taco shells (5 inch)		50
Fresh tomatoes		3-1/8 cups
Iceberg Lettuce		3-1/8 cups
Water		1-1/4 gal + 3/4 cups
Chili powder		1 Tbsp + 1- 1/8 tsp
Ground oregano		1 Tbsp + 1- 1/8 tsp
Cumin		1 Tbsp + 1- 1/8 tsp

## Directions

1. Saute onions and garlic in olive oil until tender.
2. Combine lentils, seasonings and water in a stockpot. Bring to a boil and simmer, stirring occasionally until liquid is absorbed and lentils are soft, but not mushy—approximately 15 minutes.
3. Add the onions and garlic to the lentil mixture and mix well, heating to 165 degrees F.
4. Assemble tacos with 2.5 ounces of lentil filling followed by 0.5 oz shredded cheese.
5. Hot hold to greater than 135 degrees F. Serve with lettuce and tomato.

**Source:** Quaker Valley Middle School (Recipes for Healthy Kids Challenge)