



Lentils



Beans

Beans are a good source of protein, vitamins, and fiber along with being convenient and versatile. You can have them as a healthy side dish or add them to soups, salads, stews and chilis for increased nutritional value and flavor.

Lentils

Augason Farms Lentils are a good source of iron and are easily incorporated into main dishes, soups and stews.

Crock-Pot Lentil Soup

- 2 cups Augason Farms Lentils
- 8 cups water
- 1 1/2 tablespoons crumbled bacon or bacon bits
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/4 cup chopped carrot
- 3 tablespoons snipped parsley
- 1 clove garlic – crushed
- 1 tablespoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried leaf oregano
- 1 – 14.5 ounce can tomatoes
- 2 tablespoons wine vinegar

Rinse lentils; place in cooker. Add 8 cups water and remaining ingredients except tomatoes and vinegar. Cook on LOW for 8 to 10 hours. Add tomatoes and vinegar. Turn to HIGH and cook 15 minutes longer, until hot.

DIRECTIONS:

Bring to a boil 5 cups of water. Add two cups of lentils and reduce heat, cook until tender.

Lentils do *not* require presoaking.

Use in soups, stews, casseroles. May be sprouted or used raw.

This product is inherently gluten free and packaged at Augason Farms' Certified Gluten Free Manufacturing and Packaging Site to prevent cross contamination. The product's taste and consistency are the same as the standard non-gluten-free product.

INGREDIENTS:

Lentils.

Processed in a dedicated gluten free manufacturing and packaging site.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 30 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

Lentil Butter

- 1 cup Augason Farms Lentils
- 1/2 teaspoon salt
- 2 1/4 cups water
- 1 tablespoon olive oil
- 6 green onions – sliced
- 2 garlic cloves – minced
- 1/2 tablespoon parsley
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon turmeric
- 1/4 cup water, as needed

Combine water, lentils, and salt in a pot. Cook until lentils are soft. Drain, reserve stock. Heat oil in a skillet and sauté onions and garlic until onions are translucent. Add parsley and spices and cook another minute. Set aside. Combine lentils, cooking water & onion mixture in a food processor, adding more water a tablespoon at a time as needed until the mixture reaches a spreadable consistency. Refrigerate several hours before serving. Serve spread on whole grain crackers or as a vegetable dip.

Nutrition Facts

Serving Size: 1/4 cup (47g)
Servings Per Container: 386

Amount Per Serving			
Calories 100		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	28g		9%
Dietary Fiber	13g		53%
Sugars	0g		
Protein	12g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 20%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

00143-0911

386 SERVINGS
NET WT. 40 LBS (18.14 kg)