

Vegetarian Tostados

Karen Kremer



Ingredients

1 ½ cups dry lentils
1/4 cup raisins
3 cups water
1/2 green pepper
4 cloves garlic, minced
1/2 teaspoon hot dried red pepper
1 tablespoon chili pepper
1 teaspoon ground cumin
1/2 teaspoon dried basil
1 6-ounce can tomato paste
1 to 1/2 cup additional water

whole wheat tortillas

Optional toppings:

shredded lettuce
chopped tomatoes
grated cheese
chopped olives
sour cream
salsa
sprouts

Directions

Cook lentils in 3 cups water (simmer).

Chop pepper and garlic; add with rest of ingredients to the lentils and continue cooking.

Simmer for 30-45 minutes, until lentils are tender.

Add more water if mixture becomes too thick.

Serve warm on whole-wheat tortillas with toppings.