

# LENTILS

tasty, filling, protein

## How to Cook Dry Lentils

**TIP:** ½ cup dry = 1 cup cooked



1. Rinse lentils with water—no need to soak!
2. Combine lentils and water, bring to a boil.  
💧 For every cup of lentils, use 2.5 cups of water.
3. Most types of lentils need to simmer for 20-40 minutes until tender. Like pasta, check them while cooking until they reach your desired texture. Some types of lentils, like split red lentils, only take 5-10 minutes.

Find recipes and more at [usapulses.org/TIPS](https://usapulses.org/TIPS)