

# Triple Hatch Chile Lentil Tacos

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/melissa-peterson-mexican-pizza-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 large onion finely chopped, about 1 ½-2 cups
- 3 garlic cloves minced or pressed
- 2 teaspoons melissa 's Hatch Chile Powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 4 ounces Hatch chiles roasted, chopped, 3-4 chiles, roasted, skinned and chopped
- 17 ounces melissa 's Ready-to-Eat Steamed Lentils
- 1/2 cup melissa 's Hatch Chile Salsa
- 1/4 cup water
- 12 taco shells hard, or soft taco-size tortillas
- chopped fresh cilantro
- ripe olives
- shredded lettuce
- fresh tomato
- shredded cheddar cheese
- avocado

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 5 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 220 milligrams
9. Sugar: 3 grams

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