

Slow Cooker Lentil Taco Salad

- 1) Coarsely chop red peppers, onion and squash. Mince the garlic cloves. Rinse the lentils.
- 2) In a slow cooker combine the red peppers through the broth. Cover and cook low 10 to 12 hours. During the last the 20 minutes of cooking add the squash.
- 3) Serve the cooked lentil/rice mixture over a bed of mixed greens. Top the salad with chopped tomatoes, dollop of greek yogurt and avocado.

Recipe from cookbook I Didn't Know My Slow Cooker Can Do That
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I'm sure you've heard of Meatless Mondays. What about Mexican Meatless Mondays?!?!? It's always good to change things up and if you can take advantage of your slow cooker even better!! I do all my meal prep on Sunday mornings so by the time dinner rolls around on Sunday I don't feel like cooking. This is where my trusty slow cooker steps in. After I'm done with my meal prep, I put the dinner in the slow cooker and it's ready by dinner time. Supermarkets sell slow cooker liners. I put a liner in the slow cooker before I add the ingredients. The cleanup is so much easier! You can also make this salad and have it as lunch for during the week instead of dinner. Enjoy!

xoxo

Kristin