

Garlic Lentils

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	10 MIN	30 MIN		10

Garlic lentils are a hearty and nutritious dish made with lentils, garlic, and simple seasonings. They are rich in protein, fiber, and flavor, making them a perfect vegetarian and vegan meal. This easy one-pot recipe is comforting, budget-friendly, and ideal for everyday cooking. The garlic adds depth and aroma, turning simple lentils into a satisfying dish.

Ingredients

- 1 cup lentils (rinsed)
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 3 cups water or broth
- 1 teaspoon cumin (*optional*)
- Salt and pepper to taste
- Optional: fresh cilantro or parsley

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 25–30 minutes
- Total Time: 35–40 minutes
- Servings: 4
- Course: Main / Side
- Cuisine: International

Cooking Method

Instructions

1. Rinse lentils under cold water.
2. Heat olive oil in a pot over medium heat.
3. Add garlic and sauté for **1-2 minutes** until fragrant.
4. Add lentils and stir briefly.
5. Pour in water or broth and bring to a boil.
6. Reduce heat and simmer for **25-30 minutes** until lentils are tender.
7. Season with salt, pepper, and optional spices.
8. Garnish with herbs and serve warm.

Cooking Tips

- Use broth for richer flavor
- Do not overcook to avoid mushy texture
- Add spices for extra depth

Variations

- Add vegetables like carrots or spinach
- Add lemon juice for brightness
- Use roasted garlic for milder flavor
- Add chili flakes for spice

What to Serve with Garlic Lentils

- Rice or quinoa
- Flatbread
- Salad
- Roasted vegetables

Storage

Store in an airtight container in the refrigerator for up to **4 days**.

Reheating

Reheat with a splash of water or broth.

Frequently Asked Questions

Are lentils healthy?

Yes, they are high in protein and fiber.

Do I need to soak lentils?

No, most lentils cook without soaking.

Can I freeze lentils?

Yes, for up to 2 months.

Recipe Author

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