

Indian Madras Lentils

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Cooking time (minutes):

3 Microwave

5 Wok

cups

Yield:	cups	16	12	8	4
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3.8

Indian Madras Lentils

cups

1

1.3

Chicken

can

cups

1

0.5

Potatoes, frig

cut 1/2's

cups

1

0.5

Pepper, bell

dice

cups

1

0.5

Onion

dice

cups

1

0.5

Carrots

cut 1/2's

cups

1

0.5

Add to bowl & Mix

Microwave on high for 3 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

OR

Add to wok & Mix

Cook for 5 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

