Loving Lentils 2026

Red Lentil Pancakes

1 cup red lentils, rinsed well
2 cups water
½ tsp salt
2 Tbsp maple syrup
1 tsp cinnamon, cardamom, or coriander

Soak the lentils in the water for at least 3 hours or overnight. Place in a blender with the remaining ingredients and blend smooth. Heat a nonstick frying pan over medium heat and spray with a little oil or nonstick cooking spray. Ladle ¼-cup portions of the batter into the hot pan and spread to the desired thickness. When the top starts to bubble and is drying out, flip it over and cook until light brown.

Lentil Breakfast Patties

1 cup brown or green lentils, sorted and rinsed
3 cups water
3 Tbsp Bragg Liquid Aminos or soy sauce
3 Tbsp dried minced onion
1 tsp garlic powder
½ tsp salt
1 tsp dried sage
1 tsp cumin powder
1 tsp fennel seeds, crushed
8 oz mushrooms, quartered
2 Tbsp ground flaxseed
2 Tbsp maple syrup
1 cup vital wheat gluten OR
½ cup oat flour for gluten-free

In a saucepan, bring the lentils, water, Bragg's, onion, garlic, salt, sage, cumin, and fennel to a boil over high heat. Reduce heat to medium-low and cook, stirring occasionally, until tender, 30-40 minutes. Add water a little at a time to keep from sticking if needed.

While the lentils are cooking, place the mushrooms in a food processor and pulse until finely chopped. Add the cooked lentils, ground flax, and maple syrup. Pulse about 10 times and put in a bowl. Add the vital wheat gluten and knead for a couple of minutes. Form patties with about 2 Tbsp of the mixture. Fry in a little oil until all cooked. These can be frozen and reheated later if desired.

Smokey Red Lentil Soup

1 sweet bell pepper, diced
1 medium onion, diced
6 cups water, divided*
3 Tbsp Mock Chicken Seasoning*
2 tsp smoked paprika
1 tsp garlic powder
1 tsp onion powder
1 tsp chili powder
1 ½ cups red lentils, sorted and rinsed
1 tsp salt
¼ cup tomato paste
2 Tbsp fresh lemon juice, more to taste
4 cups fresh spinach, chopped

In a large pot, place the bell pepper, onion, ½ cup of the water, and 1 Tbsp of the Mock Chicken Seasoning. Bring to a boil over medium heat. Simmer for 5 minutes. Add the remaining Mock Chicken Seasoning, smoked paprika, and remaining seasonings. Stir for about 30 seconds. Add the remaining water, red lentils, and salt. Bring to a boil, partially cover, and simmer until the lentils are to your desired texture, 8-10 minutes. Add the remaining ingredients and adjust lemon juice and salt as needed.
*Or 6 cups vegetable broth in lieu of the water and seasoning

Coconut Curry Lentils

1 small onion, diced
2 cloves garlic, minced or pressed
1 inch piece of ginger, grated
1 Tbsp curry powder
1 cup brown or green lentils, sorted and rinsed
2 ½ cups vegetable broth
1 13 oz can coconut milk
3 cups fresh spinach, chopped

In a medium saucepan, heat a little oil or water and sauté the onion, garlic, and ginger until soft. Add the curry powder and sauté another minute. Add the lentils and broth and bring to a boil. Cover with a lid, reduce heat to medium-low, cover, and cook for 30-40 minutes, stirring occasionally until the lentils are tender. When the lentils are cooked to the tenderness you want, add the coconut milk, turn the heat to medium, cover, and let simmer for 10 minutes. Add the spinach and cook until wilted. Serve over rice.

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Lentil Burgers

1 cup brown or green lentils, sorted and rinsed
3 cups water
½ tsp salt
1 Tbsp extra virgin olive oil
½ medium onion, diced
2 cloves garlic, minced or pressed
½ bell pepper, any color, diced
1 cup mushrooms, chopped
1 Tbsp Bragg's Liquid Aminos or soy sauce
1 tsp vegan Worcestershire sauce
½ tsp cumin powder
1 tsp smoked paprika
¾ cup oat flour

In a medium saucepan, bring the lentils, water, and salt to a boil. Reduce heat to medium-low and simmer until soft and most of the water is gone, about 30 minutes.

While the lentils are cooking, heat a little oil or water in a nonstick frying pan and add the onion, garlic, and bell pepper. Sauté until the onion and pepper start to get soft, about 3 minutes. Add the mushrooms and cook until most of the liquid is gone from the veggies. Pour into a large bowl. Add the Bragg's, Worcestershire sauce, cumin, smoked paprika, and cooked lentils. Stir together and then stir in the oat flour. Make patties with a 1/3 cup measure. Fry in a little oil in a nonstick pan for 2-3 minutes on each side. Serve on buns with your favorite fixings.

Red Lentil Pasta Sauce

1 medium onion, diced
4 cloves garlic, minced or pressed
1 tsp each oregano and basil
1 cup red lentils, sorted and rinsed
1 28 oz can crushed tomatoes
2 ½ cups veggie broth
2 Tbsp nutritional yeast flakes 1 tsp sweetener

Sauté the onion in a little oil or water. Add the garlic, basil, and oregano. Add the lentils, tomatoes, veggie broth, nutritional yeast, and sweetener. Bring to a boil, reduce heat, partially cover, and simmer for 20-25 minutes. Add water if too thick and salt to taste.

Lentil Brownies

1 ½ cups cooked lentils (15 oz can)
1 cup coconut or date sugar
6 Tbsp cocoa or carob powder
5 Tbsp tahini
3 Tbsp ground flaxseed
1 tsp vanilla
1 tsp non-aluminum baking powder
1 Tbsp lemon juice

Preheat oven to 350 degrees. Line an 8x8- or 9x9-inch pan with parchment paper.

Drain and rinse the lentils. Mash well by hand or in a food processor. Add the remaining ingredients and mix well. Pour the mixture into the prepared pan and bake for 30 minutes. Remove from the oven and allow to cool completely before serving. Store covered in the refrigerator.

Oatmeal Chocolate Chip Red Lentil Blondies

½ cup red lentils, sorted and rinsed
1 cup water
½ cup nut or seed butter
1/3 cup maple syrup
1 Tbsp vanilla extract
1 cup oat flour
1 tsp non-aluminum baking powder
¼ tsp salt
1/3 cup mini vegan chocolate chips (Enjoy Life)

In a medium saucepan, combine the lentils and water. Bring to a boil, cover, and simmer for 10-15 minutes, until soft. Puree the lentils in a food processor or blender until smooth. Set aside.

Preheat oven to 350 degrees. Spray an 8x8- or 9x9-inch pan with nonstick cooking spray, or line with parchment paper.

In a large bowl, mix together the nut butter, maple syrup, and vanilla until smooth. Add the lentils, oat flour, baking powder, and salt. Stir in the chocolate chips and spread out into the prepared pan. Wet your fingers if necessary to help spread it out. Bake for 20-25 minutes.

Eden's Way to Better Health