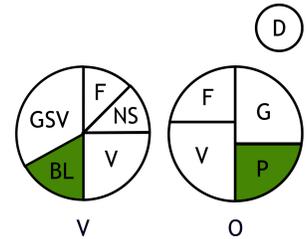


MAKE AT HOME



Lentil Red Pepper Spread

From *Dirty Gourmet Plant Power: Food for Your Outdoor Adventures* by Aimee Trudeau, Emily Nelson, and Mai-Yan Kwan.

Tools

Pot
Blender

Ingredients

2 cups water
1/2 cup dried green, brown, or black lentils, rinsed
1 garlic clove, peeled
1 bay leaf
1/2 cup roasted red peppers, jarred
1 tablespoon olive oil
1/2 tsp salt
1/2 tsp pepper

At Home



Wash your hands.



In a small pot, add 2 cups of water to the lentils, garlic, and bay leaf and bring to a boil over high heat.

Turn down heat to a simmer and cook until the lentils are tender, about 25 minutes.

Drain any leftover water completely and remove the bay leaf.

In a food processor, add the lentils (with the garlic), red peppers, olive oil, salt, and pepper and blend until smooth.



Put in small food storage container and place in pack cooler.

