



## Slow Cooker Moroccan Lentils

8 servings

8 hours

### Ingredients

- 2 cups Dry Lentils (brown or green, uncooked)
- 2 Tomato (medium, diced)
- 1 Brown Onion (medium, diced)
- 3 Garlic (cloves, minced)
- 1/2 cup Parsley (chopped and divided)
- 1 tbsp Cumin
- 1 tbsp Paprika
- 2 tsps Sea Salt
- 8 cups Water

### Nutrition

Amount per serving	
Calories	187
Fat	1g
Saturated	0g
Carbs	34g
Sugar	2g
Protein	13g
Cholesterol	0mg
Sodium	615mg

### Directions

- 1 Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
- 2 Garnish with remaining parsley and enjoy!

### Notes

Serve it With, Greek yoghurt, crusty bread, rice, quinoa, brown rice tortilla chips, fried eggs and/or our Paleo Tabbouleh recipe (additional calories will apply)  
Leftovers, Refrigerate in an airtight container up to 5 days. Freeze if longer.