

One-Person Single Day Lentil Cooking Recipe

Foolproof Lentil Cooking – No Measuring Cup Needed!

(Measuring cup instructions included if you have one)



Ingredients

🌟 For 1 day (2 filling meals)

*(Note: This recipe is designed to provide **two filling meals** for one person—half for **lunch** and half for **dinner**.)*

- 🖐️ **Dry Lentils:** 2 handfuls (or 8 tablespoons) / 💡 ½ cup
 - 💧 **Water:** 1½ cups (1 mug + a splash)
 - 🧂 **Salt:** ¼ teaspoon (or a pinch) * (optional)
 - 🧄 **Optional Add-ins:** Garlic, onion, turmeric
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🔥 Cooking Instructions

1. ☐ **Rinse lentils** under cold water.

💡 *Pro Tip: Rinsing helps remove any dirt or excess starch for smoother cooking.*

2. ☐ **Add lentils and water** to a pot.

3. ☐ **Bring to a boil**, then ☐ **simmer on low:**

- 💠 **Red/Yellow lentils:** 15–20 minutes
- 💠 **Brown/Green lentils:** 25–30 minutes

4. ☐ **Add salt** (¼ tsp or pinch) towards the end of cooking.

5. ☐ **Check for softness** — ready when tender.

6. ☐ **Drain excess water** (or save for dal/soup).

💡 *Pro Tip: If you prefer a thicker texture, keep the water to make a delicious soup.*



What is Simmering?

Simmering means cooking gently just below boiling point. Small bubbles appear slowly on the surface. This helps cook lentils evenly without breaking them apart.



Serving Tips

- ☐ **Meal Plan:**
 - Eat **half for lunch** and **half for dinner**.
- ☐ **Reheat:** Add a splash of water if needed.
- ☐ **Pairing Suggestions:**
Serve with **rice**, **roti**, or **salad/soup**.



Additional Tips & Tricks

- **Spicy Variation:** Add red chili or black pepper to the cooking water for an extra kick.
- **Full Meal Idea:** Pair with sautéed vegetables or a protein like chicken or tofu for a complete meal.
- **Storage:** Store leftovers in the fridge for up to 3 days. Can be frozen for up to 1 month.



Estimated Cost (2025)

Region	Cost per 100g	Daily Cost (2 meals)
Bangladesh	৳12–৳20	৳12–৳20
International	\$0.25–\$0.50	\$0.25–\$0.50
Eurozone	€0.22–€0.44	€0.22–€0.44

(Prices vary by lentil type; masoor/red lentils are usually the cheapest.)



Why Buying 500g of Lentils Saves Time

Buying lentils in bulk is convenient and time-saving.

Benefits:

-  ☐ **Fewer shopping trips**

No need for daily visits to the store!

-  ☐ **Quick daily prep**

Just rinse, cook, and eat — no more thinking about what to cook!






-  ☐ **Less packaging**

Bulk buying means fewer small packets and less waste.

-  ☐ **Less decision fatigue**

No daily questions on how much to buy — just grab your 500g pack and go.

✓ **Why 500g of Lentils is Best for You**

-  ☐ **Just enough for 1 person:** Lasts 5 full days (2 meals per day).
-  ☐ **Easy to store:** Takes up less space than 1kg packs.
-  ☐ **Prevents food fatigue:** Switch foods after 5 days.
-  ☐ **Common size in stores:** 500g packs are easy to find.
-  ☐ **Budget-friendly:** Lower cost than 1kg.

In Short:

 **500g = 100g/day = 5 days**

Perfect for a week of meals with variety! Restock midweek or try another lentil type next.

Quick Overview

- **Total Cooking Time:** 30 minutes
 - **Servings: 2 meals** (lunch and dinner)
(1 day = 2 filling meals, half for lunch and half for dinner.)
 - **Difficulty Level:** Easy
 - **Perfect For:** Quick, nutritious meal for one
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Frequently Asked Questions (FAQs)

- **Can I prepare this ahead of time?**

Yes! Lentils can be cooked in advance and stored in the fridge for up to 3 days or frozen for up to 1 month.

- **What can I substitute lentils with?**

You can substitute lentils with other legumes like chickpeas or beans, but cooking times may vary.

- **Can I freeze leftovers?**

Yes! Let them cool completely before storing in an airtight container for up to 1 month.

Nutritional Information (For 1 Day - 2 Meals)






For **1 day of lentil meals** (2 meals):

- **Calories:** 230
- **Protein:** 18g
- **Carbs:** 40g
- **Fiber:** 15g
- **Fat:** 1g

(Nutritional information is an estimate and can vary based on the specific type of lentil used.)

What's Included in Each Serving?

Each serving of this lentil recipe gives you a hearty and balanced meal. Here's what it includes:

-  **1½ cups cooked lentils**, which is about **½ cup dry lentils**.
-  **Protein:** Each serving has about **18g of protein**, which helps keep you full and satisfied.
-  **Fiber:** You'll also get around **15g of fiber**, great for digestion and feeling full longer.
-  **Carbs:** Each serving provides **40g of carbs**, the energy you need to power through your day.
-  **Healthy Fats:** Just **1g of fat** keeps it light and healthy.

Example of What You Get Per Serving:

Think of it as **half a cup of dry lentils**, which cooks up to **1½ cups of delicious, tender lentils**. This is **enough for one filling meal** and pairs perfectly with rice, roti, or vegetables.

How to Cook Lentils in Advance

If you're short on time or want to prep meals ahead of time, cooking lentils in advance is a great option. Here's how you can do it:

1. Cook the Lentils:

- Follow the regular cooking instructions from your recipe.
- Once cooked, allow the lentils to **cool down** to room temperature before storing.

2. Storing Lentils in the Fridge:

- **Transfer the cooled lentils** into an **airtight container**.
- **Store in the fridge** for **up to 3 days**.
- When you're ready to eat, simply **reheat** them in the microwave or on the stovetop, adding a splash of water if needed.

3. Storing Lentils in the Freezer:

- **Once the lentils are cool**, divide them into **portion-sized freezer-safe containers or resealable bags**. This allows you to take out just the amount you need.
- Label the containers with the **date** to track freshness.
- **Store in the freezer** for up to **1 month**.
- When ready to eat, you can either:
 - **Thaw** them overnight in the fridge, then reheat as you would with refrigerated lentils.
 - **Reheat directly from the freezer** by placing them in a pot on the stovetop or microwave, adding a little water as necessary.