

# Mom's Magical Recipe

1 pound lean ground meat (turkey, beef, pork, lamb, etc.)

2 cups cooked brown lentils

1 cup minced onion

1 cup minced carrot

1 cup minced celery

Brown ground meat in a skillet over medium-high heat, breaking up into small, uniform bits as it cooks. A potato masher or fork makes the job easier.

When browned, add onion, carrot and celery.

Season as desired.

Continue cooking until veggies are soft well mixed with meat.

Finally, add cooked lentils and mash all ingredients together while cooking.

When done, divide mixture six ways and substitute each portion for one pound of cooked ground meat in recipes (meat sauce for pasta, chili, taco/burrito filling, etc.).