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EarthBeat



Red lentil tacos with tomatoes and lettuce (At Elizabeth's Table/Elizabeth Varga)



by Elizabeth Varga

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Editor's Note: *In this series, Elizabeth Varga will explore how fasting from meat impacts our relationships with self, others, the rest of creation and God. Her reflections and recipes will be posted on the Wednesdays and Fridays of Lent 2022. To receive this series via email, sign up for EarthBeat Reflections.*

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your father, who is unseen; and your father, who sees what is done in secret, will reward you" (Matthew 6:16–18).

Jesus does not say "if you fast " but "when you fast."

Have you ever thought about fasting outside of Lent?

Do you practice a regular fast?

What's your motivation for fasting?

Have you experienced any fruits of regular fasting?

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Maybe there's something you've given up for Lent that you can continue to fast from after Lent is over. It could be food related, like abstaining from meat, or dessert or alcohol on Fridays. It could also be a non-food fast, like fasting from single-use plastic, transportation that uses fossil fuels, or purchasing new items.

Is there something coming to your heart from which you can commit to a regular fast?

What emotions come to mind when you think about a long-term fast? Is it scary? Does it seem like a challenge?

How can you approach a regular fast with a spirit of sacrifice and a desire to grow closer to God?

Recipe: Red lentil tacos

Spiced with delicious taco seasonings, these red lentil tacos are a healthier alternative to ground meat, made with only a few simple ingredients. Whip up these gluten-free, vegan tacos in just 20 minutes!



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Ingredients

- 2 cups red lentils
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons smoked paprika
- 2 teaspoons cumin
- 1 teaspoon red pepper flakes (omit for less spice)
- 1 teaspoon salt

Instructions

1. Add 3 cups of water to a medium pot.
2. Stir in the lentils and bring to a simmer. Let cook for 8-9 minutes.
3. When the lentils are tender, drain.
4. Gently mix the spices into the lentils.
5. Serve with your favorite non-dairy taco fixings! Enjoy!

Find recipe notes, substitutions, and other nutritional information on atelizabethstable.com.

This story appears in the **Recipes for an ecofriendly Lent** feature series. View the full series.