

Lentils and Rice (Mujadara)

Servings: 6

Diet: Vegan, Vegetarian & Gluten-Free

Ingredients

- 4 cups chicken or vegetable broth
- 1 cup uncooked brown or green lentils
- 1 cup uncooked brown rice
- ½ teaspoon salt
- 3 tablespoons oil, divided
- 2 large onions, sliced
- 4 cloves garlic, minced
- 1 teaspoon ground cumin
- ½ cup fresh parsley, chopped
- Optional: 1 bay leaf, 2 hardboiled eggs, plain yogurt

Instructions

STEP 1: Fill a medium saucepan with broth and bring to a boil. Add the lentils, brown rice and bay leaf (if using). Reduce heat to medium-low, and simmer until the lentils are tender and the rice is cooked, about 30-40 minutes. Drain, then return to pot and add the salt. Cover and set aside for 10 minutes.

STEP 2: Heat 2 tablespoons of oil in a large skillet over medium heat. Add the onions and cook until golden-brown, about 10-15 minutes. If the onions start to burn, add 1 tablespoon of water. When the onions are dark golden brown, add the garlic and cook 2 minutes longer.

STEP 3: To the pot of lentils and rice, add half of the onion mixture, cumin, parsley and remaining 1 tablespoon oil. Serve warm and top with remaining onions, chopped egg and yogurt (if using).



- **Reduce Food Waste:** When using fresh soft herbs, use the stems, too - they have the same flavor as the leaves with added crunch!
- **Did you know?** Lentils are an excellent plant-based source of protein.



Per Serving: 340 Calories | 52g Carbs | 3g Sugar | 6g Fiber | 9g Fat (1g Sat Fat) | 14g Protein | 250mg Sodium
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