

Mujadara Lentils and Rice



Greater Cleveland
Food Bank

MAKES: 3 servings

TIME: 30-60 minutes



Love Lentils!

This dish is a Middle Eastern comfort food. Lentils provide protein, potassium, fiber, folate, iron, manganese and more.

Pair with plain yogurt and a cucumber tomato salad, and fresh fruit for dessert.

Adapted from: TheMediterraneanDish.com

Directions

1. Boil dry lentils and 1 cup water in pot.
2. Cook 10-12 minutes (still firm).
3. Drain water and set lentils aside.
4. Heat oil on medium high in pan.
5. Sauté onions with salt until golden brown, stirring every few minutes; if edges start to crisp, reduce heat.
6. Add 1 cup water to pan and simmer 2 minutes; mix in rice, lentils and spices.
7. Cover and cook until all liquid is gone.
8. Remove from heat and top with parsley.

Ingredients

- ½ C dry lentils (or 15oz can)
- 2 C water (if using dry lentils or rice)
- 2 Tbsp oil
- 1 large onion, thinly sliced
- ½ C dry rice (soaked 10-15 minutes), or 1½ C cooked
- ½ tsp salt
- Ground black pepper, to taste
- ½ tsp ground cumin (optional)
- 2 tsp fresh parsley (or ½ tsp dry)