

UC-VEG

Umpqua Community Veg Education Group

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Hearty Pot of Lentils & Rice

TASTY, SATISFYING, AND HEALTHY food can also be affordable and convenient. This dish is perfect for when you need to refuel and feed the family after a long day of work, but don't have time to labor in the kitchen for long, and don't have the money to eat out. Preparing this recipe with rice, lentils, ½ cup carrots, and ½ cup frozen peas costs about \$1.00!

Ingredients:

- ½ Cup Red Lentils (\$0.34)
- ½ Cup White Basmati Rice (\$0.48)
- 3 Cups Water (can use slightly less water if you'd like it more "dry")
- ½ teaspoon salt (or to taste)
- ¼ teaspoon pepper (or to taste)
- Various vegetable options: (You may use any combination of these as you like or as is available) Chopped carrots (½ Cup = \$0.08), frozen peas (½ Cup = \$0.11), chopped celery, chopped cabbage, chopped broccoli (fresh or frozen), chopped onion, minced garlic, frozen corn, etc...

Optional toppings: Chopped parsley, nutritional yeast, extra virgin olive oil, tamari sauce

Combine the dry lentils, rice, salt and pepper in a medium sized pot that has a tight-fitting lid. (If you're vegetables are frozen or pre-chopped, you may add them here).

Turn the heat on high and bring to a boil, then turn heat to low, cover with a tight-fitting lid, and simmer for about 7-9 minutes.

While the water is working up to a boil, you can take this time to chop whatever vegetables you might like to include, and add them to the pot before you turn down to a simmer.

Turn heat off after 7-9 minutes, and let it sit in its own heat for 20 minutes (it will continue to cook during this time – remember, don't peak). After this

amount of time, all the water should be gone and the rice and lentils are tender but not mushy.

(Optional) Once finished, you may serve on a plate or in a bowl, topped with garnishes like nutritional yeast, fresh herbs (like parsley), olive oil and/or tamari sauce. Enjoy!

One great thing about this recipe is that it's amazingly versatile. You could add spices and various vegetables according to what you want to make it. If you want to add more variety to your meal, you can enjoy a simple salad on the side. You can make great use of your leftovers by adding some tahini and spices and/or some nutritional yeast, bread crumbs or a small amount of flour to your lentil/rice mixture and bake into veggie patties.

An Indian version might include curry powder, chili powder, cinnamon, and cumin. A Mediterranean version might add some tomatoes, basil, parsley, and oregano (topped with a little lemon juice after cooking). The options are endless!