

Lebanese Style Lentils & Rice



Sirve:

4 - 6 servings

Pieza:

1 ½ Qt./1.4 L Sauce Pan with Cover
10" Chef's Gourmet Skillet

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Also referred to as Mujaddara, this dish consists of cooked lentils, rice and caramelized onions. Mujaddara is found in many areas of the Middle East, each with a slight variation in seasonings. Serve this as a vegan entree or side dish,

2 medium
onions, sliced, use Cone #4
4 scallions, white and green part, trim off ends and slice in ¼-
inch pieces
2 cloves garlic, shredded, use Cone #1
1 cup
basmati rice
(195
g)
1 ½ cups
vegetable stock
(350
ml)
1 teaspoon
ground cumin
(3
g)
½ teaspoon
ground cinnamon
(2
g)
¼ teaspoon
ground coriander
(1
g)
½ teaspoon
salt
(3
g)
15 ounces
cooked lentils, drained and rinsed

Preparación :

1. Heat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, add onions. Sauté for 6 - 8 minutes, stirring occasionally until they are softened and lightly browned.
2. Add scallions, garlic and a pinch of salt to onions. Reduce heat to low and sauté for an additional 5 - 8 minutes, until onions are caramelized.
3. Place rice, vegetable stock, cumin, cinnamon, coriander and salt in sauce pan. Stir to combine.
4. Turn heat to medium and place cover on pan. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 16 minutes.
5. Remove cover and place drained lentils on top of rice.
6. Place cover back on pan and turn off heat. Let rice sit for 10 minutes.
7. Stir rice and lentils together to combine. Taste and add extra seasonings as needed.
8. Serve rice and lentils with a portion of caramelized onions. on top or combine caramelized onions with rice and lentils.
9. Serve warm as is, or top with chopped cilantro.

Información nutricional por ración

Based on 4 servings

Calorías: 329

Grasa Total: 1g

Grasa 0g

Saturada:

Colesterol: 0mg

Sodio: 598mg

Carbohidratos: 67g

Fibra 11g

Dietética:

Azúcar: 6g

Proteína: 14g