

Lebanese Style Lentils & Rice



Makes:

4 - 6 servings

Utensil:

1 ½ Qt./1.4 L Sauce Pan with Cover

10" Chef's Gourmet Skillet

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Recipe Description:

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 ¹/₄-inch pieces

2

cloves garlic, shredded, use Cone #1

1

cup

basmati rice

(195

g)

1 ¹/₂

cups
vegetable stock
(350
ml)
1
teaspoon
ground cumin
(3
g) ¹?₂
teaspoon
ground cinnamon
(2
g) ¹?₄
teaspoon
ground coriander
(1
g) ¹?₂
teaspoon
salt
(3
g)
15
ounces
cooked lentils, drained and rinsed
(425
g)

Directions:

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.

Nutritional Information per Serving

Based on 4 servings

Calories:

329

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

598mg

Total Carbs:

67g

Dietary Fiber:

11g

Sugar:

6g

Protein:

14g