



## ONE-POT LENTIL TOMATO RICE PILAF

### Ingredients

- 1 cup dried lentils (rinsed)
- 1 cup long grain rice
- 1 can (14.5 oz) diced tomatoes
- 1 small onion, diced
- 2 cloves garlic, minced
- 3 cups vegetable or chicken broth
- 2 tablespoons olive oil
- 1 teaspoons cumin
- 1 teaspoons paprika
- Salt & pepper to taste



### Preparation Steps

- Heat oil in a large pot over medium heat. Sauté onion 5 minutes until soft.
- Add garlic, cumin, and paprika; cook 1 minute.
- Stir in lentils, rice, tomatoes, and broth.
- Bring to a boil, then reduce to low, cover, and simmer 20–25 minutes.
- Let rest 5 minutes, fluff, and adjust seasoning.