



LENTILS AND RICE

Ingredients

- ½ cup (115 grams) dried brown or green lentils
- ½ cup (115 grams) long-grain white rice
- 1 cup (240 ml) warm water
- 2 vegetable stock cubes
- 1 teaspoon soy sauce
- 2 tablespoons olive oil
- ½ medium onion finely diced
- 4 cloves of garlic minced
- 2 carrots peeled and finely diced
- 1 green or red pepper finely diced
- 1 cup canned, diced tomato, strained and juice reserved
- 1 teaspoon smoked paprika
- ¾ teaspoon cumin

Preparation Steps

- Place the lentils in a strainer and run them under cool water to rinse. Transfer to a small pot and cover with abundant water seasoned with ½ tsp salt. Bring the pot to a boil, then reduce the heat to a simmer and simmer until tender - about 20-25 minutes, then drain off the excess water. Add lentils and 2 Tbs reserved tomato liquid back into pot. Set aside and keep warm.
- Place the rice in a strainer and rinse under cool water, swirling it through your fingers to remove the excess starch. Set aside.
- Combine the warm water and stock cube. If your brand of stock cube is really salty, you may want to use just half of it. Stir well to dissolve the cube as much as possible. Add the soy sauce and set aside.
- In a medium-sized pot with a lid, heat the oil over medium heat. Add the onion, garlic, green pepper, carrots and tomato. Fry, stirring occasionally, until the vegetables are mostly tender - about 10 minutes.
- Add the paprika and fry, stirring, for 30 seconds to bring out the flavour.
- Add the rice and vegetable stock. Bring to a boil, cover the pot and reduce the heat to a gentle simmer. Simmer until all the liquid is absorbed – 15 to 20 minutes. Turn off the heat and, without removing the lid, allow to steam for 10 minutes. Test to make sure rice is tender.
- Uncover the pot, add the cooked lentils and combine.