

Come Cook with Us - Fall 2022

Lentil Bowl

Portions: 6

Serving size: 2 ¼ cup

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Total Time: 40 minutes

Ingredients:

- 1 cup dried lentils
- 1 cup brown rice
- 4 cups water
- 1 lb shredded cooked chicken (optional)
- 2 large onions, cut into ½ inch thick wedges
- 2 carrots, chopped
- 2 stalks of celery, chopped
- 4 tbsp Italian no salt seasoning, divided
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp oil olive or canola



Instructions:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Season onions, carrots, and celery with the 2 tbsp of Italian seasoning and oil mix well. Roast vegetables in oven for 45 minutes.
3. Combine lentils, rice, and water in a large saucepan. Bring to a boil, reduce heat, cover and simmer for 20 minutes or until lentils are just tender. Remove from heat and let stand, covered, for 5 more minutes.
4. Optional chicken, in a non-stick skillet over medium-high heat add cooked shredded chicken and 2 tbsp Italian seasoning, salt, and pepper. Warm through and cover to keep warm until ready to serve.
5. Divide the lentil/rice, chicken (optional) and roasted vegetables between bowls or freezing dishes and colorful coleslaw to serve.

Recipe adapted from [lentils.org](https://www.lentils.org).