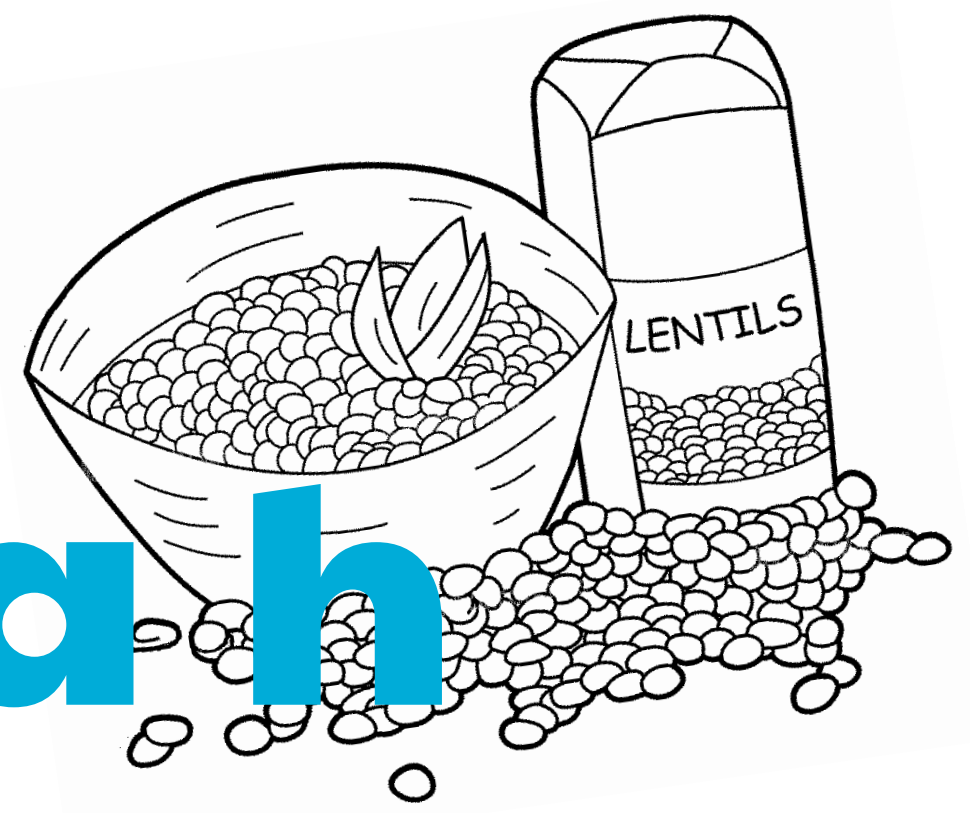


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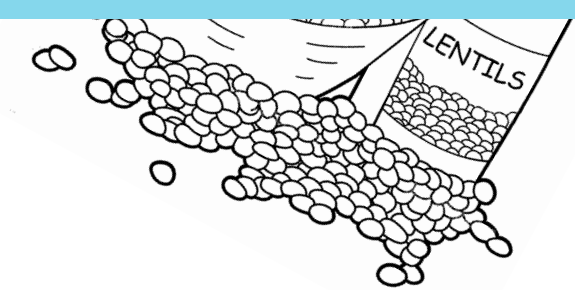
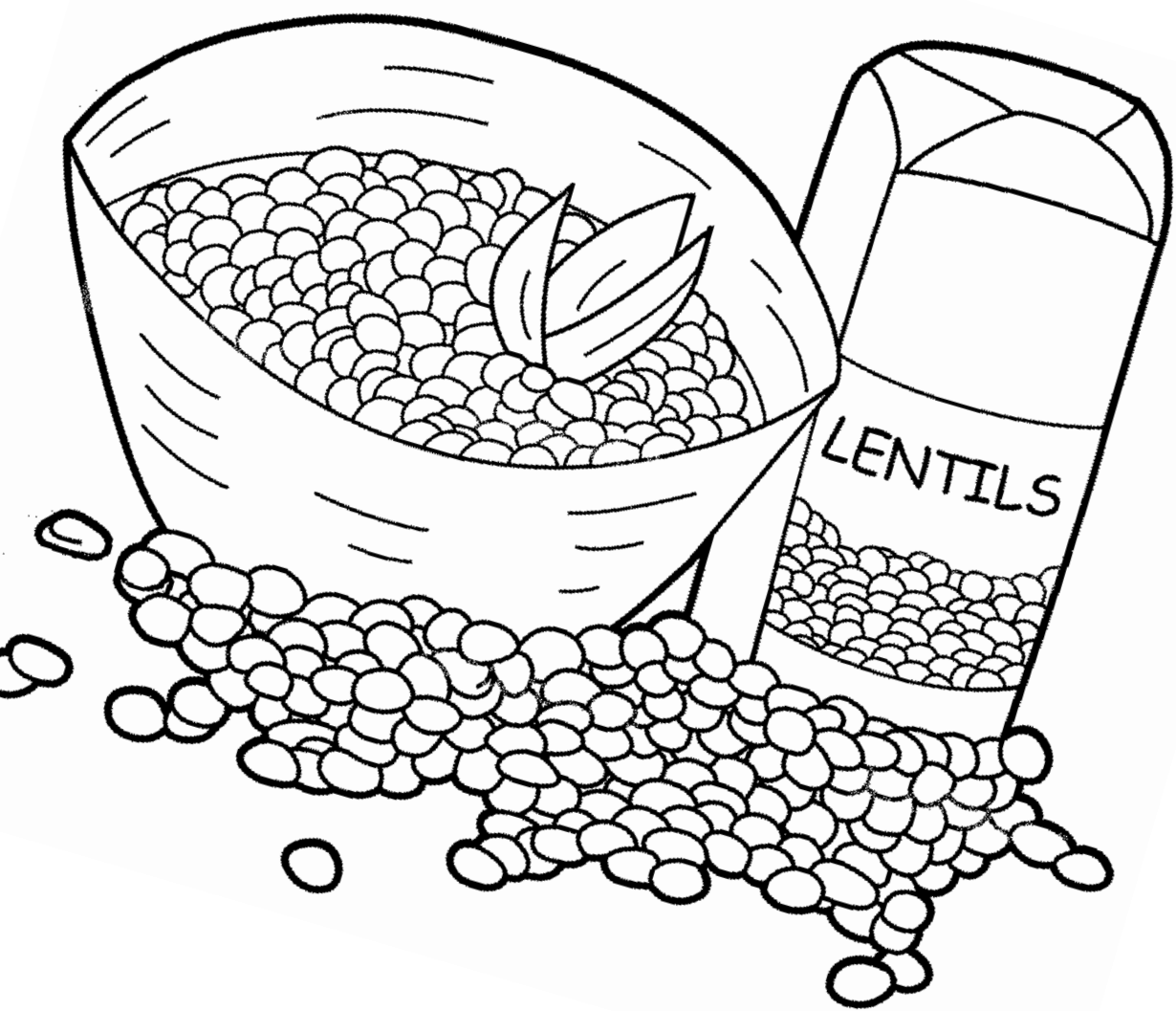


INGREDIENTS

2 cups green lentils
2 cups rice
4-5 onions
8 cups vegetable stock or water
2 tsp. olive oil
pinch of salt

INSTRUCTIONS

1. Half and slice the onions.
2. Heat the olive oil in a heavy pot or pan.
3. Saute the onions until golden and soft.
4. Add the lentils and the vegetable stock (or water). Bring to a boil.
5. Reduce to a simmer for 15 minutes.
6. Add the rice.
7. Simmer covered for another 45 minutes.
8. Remove from the heat. Stir to mix the onions throughout.



This dish is great on its own, or you can add diced fresh tomatoes or feta or both! Also, it can be made gluten free by washing the rice and lentils, in a sieve, with cold water.

enjoy

