

Mujadarrah (lentils, onions and rice)

A Middle Eastern dish that is both delicious and budget-friendly!



Vegetarian



30 mins or less



Freezer-friendly



PREP TIME
5 min



COOK TIME
20 min



SERVINGS
6

Ingredients

- 30 mL (2 tbsp) olive oil
- 3 medium onions, sliced thinly
- 5 mL (1 tsp) ground cumin
- 175 mL (¾ cup) brown or wild rice, cooked
- 250 mL (1 cup) sodium reduced lentils, drained and rinsed

Directions

1. Heat oil in a pan over medium-high heat. Add the onions and cook until they turn dark caramel brown, stirring often. This will take about 15 minutes. Remove half of the onions to a bowl (these are for garnish later). Sprinkle in the ground cumin and cook about 1 minute more.
2. Add the cooked rice to the onions and stir often for 3 minutes. Stir in the lentils and cook for another 2 minutes.
3. Serve the rice and lentils with the reserved caramelized onions on top.

Tips

- ✓ This is a great recipe to make with **leftover rice**.
- ✓ You will know the **caramelized onions** are done when they have a deep chestnut color and there is a slight crispiness developing on some of the onions. Add a little water to the onions if they are sticking to the bottom of the pan.
- ✓ **Optional:** Use dry lentils instead of canned. Cook according to directions before adding to the rice and onions.
- ✓ Serve this for dinner with a side salad or coleslaw.
- ✓ **Time-saver:** double this recipe and freeze extra servings for another day.



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