MIDDLE EAST LENTILS & RICE

From The Perennial Political Palate by The Bloodroot Collective of Bridgeport, CT

INGREDIENTS

2 cups green lentils
4 1/2 cups water
1 cup long grain brown rice
2 large onions
1 cup olive oil
1 1/2 tsp salt
1 tsp paprika
1/2 tsp cayenne pepper

METHOD

Pick over 2 cups of green lentils to remove any stones then rinse with water. Pour the lentils into a soup kettle with 3 1/2 cups of fresh water and bring to a boil on medium high heat. Once boiling, turn heat down and set the timer for 15 minutes.

Measure and wash the rice, drain the water. Once the 15 minutes are up add the rice to the cooking lentils plus another cup of water.

Meanwhile, thinly slice 2 large onions. In a large frying pan sauté the onions in 1 cup of olive oil until golden brown. Turn onions and oil into the pot of lentils and rice.

Add the salt, paprika, and cayenne. Continue cooking until the lentils and rice are well cooked.