

# MJADDARA

## Lentils with Rice



Middle Eastern grandmas don't hesitate to tell us every time they serve this that this dish dates back to the story of Esau in the Bible where he sold his birthright for a bowl of these delicious lentils (Genesis 25:29-34)! Topped with golden brown onions, this earthy lentil dish will satisfy your soul as well as your palette.

### INGREDIENTS

2 cups lentils  
8 cups water  
2 large onions, sliced thin  
2 cups rice  
3 teaspoons salt  
½ cup olive oil

### INSTRUCTIONS

Wash lentils, sort, and pick out stones, etc. Add water and salt and boil for 10 minutes in covered saucepan. Add rice, stir gently to combine, and cover. Cook 15-20 minutes on low heat.

While lentils cook, cut large onion into thin slices and sauté in oil until golden brown. Pour off the oil from the onions into the cooked lentil/rice mixture and stir lightly.

Pour lentils and rice onto serving platter. Lace top with sauteed onions and excess oil. Serve hot or at room temperature with Arabic Salad or *Laban* (plain yogurt).

*\* The combination of lentils and a grain provides lots of iron and protein and is Vegetarian/Vegan.*