

LENTILS & RICE HEARTY MEAL

By Amy Sims of Valdez

Amy prepares this wonderful stick to your ribs meal for her family often. She bakes it in the oven, I prefer a stove top method.

Try each variation or create your own!

SAVORY LENTILS & RICE

Combine in a Sizzle Pot or other hefty pot the following:

6 C water	1 ½ C Lentils – green or red (red cook quicker)
1 C brown rice	2 teaspoon Pink or Celtic salt
1 small, chopped onion	1 teaspoon garlic granules
2 teaspoons Italian Seasoning	1# burger - optional

TACO LENTILS & RICE

Same as above except substitute Taco Seasoning for Italian.

Cook until the rice & lentils are soft, about an hour in a Sizzle Pot.

Add more water if necessary.

Serve with sour cream & grated cheese for a complete protein.