

SOUTHWEST LENTILS AND RICE

Ingredients

Serves 8 people

- | | |
|--|---|
| 1/3 cup dry lentils, rinsed | 1/2 onion, chopped or 1 teaspoon onion powder |
| 1 (15 oz) can black beans, rinsed and drained | 1 teaspoon garlic powder |
| 1 (15 oz) can diced tomatoes, rinsed and drained | 1 1/2 teaspoons chili powder |
| 1 (15 oz) can corn, rinsed and drained | 1/2 teaspoon dried oregano |
| 2 cups vegetable broth | 1/2 cup dry rice, rinsed |
| | 1/2 cup cheese, shredded (optional) |
| | Salt and pepper to taste |



Directions

1. In a large skillet, add the lentils, black beans, tomatoes, corn, vegetable broth, and seasonings. Stir everything to combine. Place a lid on the skillet, turn the heat up to medium-high, and allow the mixture to come to a full boil. Once boiling, immediately reduce the heat to medium-low and simmer for 5 minutes covered. This will allow the lentils to start cooking first before adding the rice.
2. After 5 minutes, remove the lid and add the rice. Stir and cover with a lid, bring the skillet back to a boil, then reduce the heat again and simmer for 20 minutes.
3. After 20 minutes, remove the skillet from the heat and let it rest, with the lid on, for 5 minutes. After it has rested, remove the lid, fluff the rice and gently stir to combine.
4. Top the lentils and rice mixture with shredded cheese. (optional) Serve warm and enjoy!

Nutritional Value

198 Calories	9g Protein
2g Fat	164 mg Sodium
39g Carbohydrates	

Marion County Public Health Department
NUTRITION SERVICES

