



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Mujadarh (Lentils with Rice)

From www.senza-g.com

- 1 cup Brown or Green Lentils
- 1½ cups Long Grain Rice
- 1 Tbsp. Ground Cumin
- 1 Tbsp. Ground Coriander
- 1 tsp. Cinnamon
- Chilli Flakes or Paste (optional)
- 2 cloves Garlic, minced
- 1 Onion, finely chopped
- 1-2 cups Hot Vegetable Stock
- Olive Oil
- Peanut Oil (optional)
- 1 Onion, sliced into rounds and then sliced in half
- ½ bunch Parsley, chopped (for garnish)



1. Sauté the chopped onion in 2 tablespoons of olive oil and until translucent.
2. Add the cumin, coriander, cinnamon, garlic, and chili. Stir until the onion is coated with the spices.
3. Sauté on low heat until golden, stirring occasionally, about 10 minutes. (Add a dash of water if it starts to get dry or starts to burn.)
4. Add the rice and stir to coat with the onions and spice mixture.
5. Add the lentils together with their water.
6. Add the hot vegetable stock to about 1 inch above the rice. Bring to a boil.
7. Lower the heat to very low, cover and let cook for approximately 20 to 25 minutes until the liquid has evaporated and the rice cooked through.
8. Sauté the halved onion rings in peanut oil (optional) until browned.
9. When rice is tender, transfer to a serving dish, sprinkle with the chopped parsley and place the caramelized onions on top.

Tip: Excellent stuffed into a pita, or eaten with a side of steamed veggies!