

Lentils and Rice

Ingredients:

1 c. lentils
1 c. rice
1 onion, chopped
4 tbsp. olive oil
2 tsp. chicken bouillon
salt, pepper, garlic powder to taste
water

Directions:

Fry lentils in 2 tbsp. oil for about 2 minutes, stirring constantly.
Add 3 c. water, salt, pepper and garlic powder.
Cover and let simmer for about 40 minutes.

Meanwhile, in another pan, fry rice in 2 tbsp. oil.
Add 2 1/2 c. water and 2 tsp. chicken bouillon.
Cover and simmer slowly about 20 minutes.
When both rice and lentils are done, mix together and add more seasoning if necessary.
For an added treat, fry another onion in a little oil or margarine and sprinkle over the top of lentils/rice just before serving.
Delicious.

Serves 6 normal people or 1 hungry teenager