



Nourish Recipe

Brown Rice Mujadara

Servings: 4

Prep: 5 minutes
Cook: 30 minutes

Recipe courtesy of
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What you'll need



measuring
spoons



measuring
cups



large pot
& lid



non-stick
skillet



Ingredients

5 ½ cups water

2 cups green lentils

1 cup brown rice or basmati rice

2 onions, 1 ½ chopped, ½ sliced

2 tsp cumin

2 tsp salt

2 tsp black pepper

2 Tbsp olive oil, divided

Plain yogurt (optional)

Parsley (optional)

Brown Rice Mujadara

Instructions

1. In a large pot, boil the water (5 ½ cups). Once boiling, add the lentils (2 cups) and cumin (2 tsp), and give it a stir and cover. Lower the heat to a simmer and cook the lentils for 15 minutes.
2. After 15 minutes, add the rice (1 cup) to the same pot and stir, cover and simmer for another 15-20 minutes or until all the water is absorbed and lentils and rice are cooked through.
3. Meanwhile, heat olive oil (1 Tbsp) in non-stick skillet over medium-high heat. Cook the chopped onions until the edges are crisped, stirring minimally so that they char, about 20 minutes. Remove the charred onions and set aside.
4. Pour the remaining oil (1 Tbsp) in the skillet and add the sliced onion. Turn the heat to medium-low, and let the onions cook until caramelized.
5. Stir the charred onions into the lentil mixture, and season with salt (2 tsp) and pepper (2 tsp).
6. Serve topped with yogurt, fresh parsley, and the caramelized onions.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories **578**

% Daily Value

Total Fat 10.7g **14%**

Saturated Fat 1.3g **6%**

Cholesterol 0mg **0%**

Sodium 1180mg **51%**

Total Carbohydrate 99.7g **36%**

Dietary Fiber 18.1g **65%**

Sugars 4.5g

Protein 25.7g

Vitamin D 0mcg **0%**

Calcium 86mg **7%**

Iron 8mg **43%**

Potassium 1045mg **22%**