

Lentil Rice Casserole



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

Ingredients:

3 cups	Broth
¾ cup	Lentils, uncooked
½ cup	Brown rice, uncooked
¾ cup	Chopped onion, or equivalent dried onion
½ tsp	Dried basil
¼ tsp	Dried oregano
¼ tsp	Dried thyme
¼ tsp	Garlic powder
	Optional: freeze-dried cheddar cheese, rehydrated

Directions:

1. Rinse the lentils
2. Blend all ingredients together in a casserole dish
3. Cover and bake for 1.5 hours at 300°
4. Add the cheese during the last 20 minutes

