

Lentil Rice Casserole



HITCHCOCK
FIELD & FORK PANTRY

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

Ingredients:

3 cups	Broth
$\frac{3}{4}$ cup	Lentils, uncooked
$\frac{1}{2}$ cup	Brown rice, uncooked
$\frac{3}{4}$ cup	Chopped onion, or equivalent dried onion
$\frac{1}{2}$ tsp	Dried basil
$\frac{1}{4}$ tsp	Dried oregano
$\frac{1}{4}$ tsp	Dried thyme
$\frac{1}{4}$ 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

