



Mujadara: Lentils & Rice with Caramelized Onions

🕒 1 hour 🍴 6 servings

Ingredients

4 Yellow onion (large, thinly sliced)
1/4 cup Extra virgin olive oil
8 cup Water
1 1/2 cup Dry brown lentils (rinsed)
1 cup Brown rice (dry, uncooked)
1 1/2 tsp Salt
1/2 tsp Black pepper
1 cup Plain greek yogurt (to serve; sub plain coconut or soy yogurt for vegan and dairy-free)

Nutrition (estimate per serving)

Calories	414 kcal	Fat	11 g
Carbohydrates	44 g	Protein	19 g
Fiber	17 g	Sugar	5 g
Cholesterol	2 mg	Sodium	616 mg
Vitamin A	22 IU	Vitamin C	8 mg
Calcium	102 mg	Iron	4 mg

Directions

- 1 Slice onions very thinly. Heat a large skillet over low heat. Once hot, add oil and sliced onions. Cook slowly about 20 minutes, stirring to break onions apart, until onions are soft.
- 2 Meanwhile, bring water to a boil in a large saucepan. Add lentils, reduce heat, and simmer, uncovered, about 15 minutes.
- 3 Add rice, salt, pepper, and about half of the cooked onions to lentils. Continue to simmer, uncovered, an additional 45 minutes until lentils and rice are tender.
- 4 Meanwhile, continue to caramelize onions while lentils cook over low heat until dark brown and very soft, reducing heat as needed so onions don't burn. They will taste sweet when finished; this can take up to an hour.
- 5 Once lentils and rice are tender and all liquid has been absorbed, remove from heat. Serve topped with caramelized onions and a dollop of plain yogurt.

Notes

Total Time: 75 min

Prep time: 15-20 min | Cook time: 60 min

Serving Size

1 1/2 cups rice and lentil mixture with about 2 tablespoons caramelized onions and yogurt

Pro Tip

Serve with freshly minced parsley for a bright burst of flavor.

Leftovers

Refrigerate in an airtight container up to 5 days. Freeze lentil/rice up to several months; recommend not to freeze onions.

Cooking Equipment

Cutting board | Chef's knife | Large skillet | Large saucepan

Slice onions thinly

trim top and base off onion, then peel tough outer layers (usually top 1—2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into very thin wedges, about 1/8-inch thick.

For plant-forward, healthy meals to get out of food ruts, meet the meal planning service featuring seasonal produce all year long:

Start a FREE trial of the Peas & Hoppy Meal Guide Membership →

