

Curried Lentil and Rice Casserole

Lentils have been consumed since prehistoric times and are one of the first foods to have ever been cultivated. They have been found in archeological dig sites dating back 8,000 years! If you work during the week, try making this recipe on the weekend to have available for the week. This dish has a long baking time and is not suitable for a quick weeknight meal. I use a stone casserole dish for this recipe, though a 9 x 13-inch glass baking dish also works well. Portions can be frozen into small containers for future use.

- 2 tablespoons extra virgin olive oil or coconut oil
- 1 medium onion, chopped
- 2 tablespoons finely chopped fresh ginger
- 1 tablespoon finely chopped fresh turmeric, or 1 teaspoon dried
- 2 teaspoons curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon cinnamon
- 2 teaspoons sea salt
- 4 carrots, chopped
- 1 ½ cups French lentils or black beluga lentils
- 1 cup long grain brown rice
- 5 cups water
- 1 can coconut milk

Preheat oven to 350 degrees F.

Heat a 10-inch skillet over medium heat. Add the olive oil and onions; sauté for 5 to 6 minutes. Add ginger, turmeric, spices, and salt. Continue to sauté for another 2 minutes until fragrant.

Place onion-spice mixture into a large casserole dish. Add carrots, lentils, rice, water, and coconut milk. Mix together well. Cover and bake for 2 hours.

After 2 hours, turn oven temp up to 425 degrees F. Remove cover and cook for another 20 to 30 minutes to let excess liquid cook off. Stir and serve.

Yield: 4 to 6 servings

Nutrition Tip:

Lentils are high in both soluble and insoluble fiber. Soluble fiber binds to bile laden with cholesterol and allows it to be pulled from the body thus lowering cholesterol levels. Insoluble fiber helps to keep you regular while preventing digestive disorders like IBS and diverticulitis.