

THE UN-COOKBOOK

OF

OUR FINAL
FREEZER



MUJADDARA

MUJADDARA IS AN AMAZING RICE AND LENTIL DISH THAT ORIGINATES FROM THE MIDDLE EAST. IT'S VERY COMMON ACROSS THE WHOLE REGION BECAUSE IT REQUIRES JUST A FEW SIMPLE INGREDIENTS. IF YOU'RE VEGETARIAN OR VEGAN, YOU'LL LOVE THIS DISH AS A WAY TO INCORPORATE MORE PROTEIN AND FIBER INTO YOUR DIET.

EQUIPMENT YOU'LL NEED

- ___ CUTTING BOARD
- ___ CHEF KNIFE
- ___ SAUTEE PAN (WE RECOMMEND VOLLRATH)
- ___ RUBBER SPATULA
- ___ WOODEN SPATULA
- ___ SPOON



INGREDIENTS YOU'LL NEED

- ___ 1 CUP BROWN LENTILS (WASHED WELL)
- ___ 1 CUP RICE (WASHED WELL)
- ___ CANOLA OIL (ENOUGH TO COAT THE BOTTOM OF THE PAN)
- ___ 5 CUPS WATER
- ___ 1 TB SALT



YIELD

YIELDS 8 SERVINGS, 1 CUP PER SERVING
 CALORIES PER SERVING: ABOUT 450 CALORIES

WHAT YOU'LL NEED TO DO

1 CUT UP THE ONIONS INTO SLICES.

2 HEAT ENOUGH CANOLA OIL TO FILL 1/8" OF THE SAUTEE PAN. TURN THE HEAT TO MEDIUM-HIGH.

3 SAUTEE THE ONIONS IN THE CANOLA OIL UNTIL THEY ARE CARAMELIZED.

4 ADD RICE, LENTILS, AND WATER TO THE STOCKPOT AND BRING IT TO A

5 COVER AND COOK FOR 15 MINUTES. CHECK TO SEE IF THE RICE AND LENTILS ARE DONE.

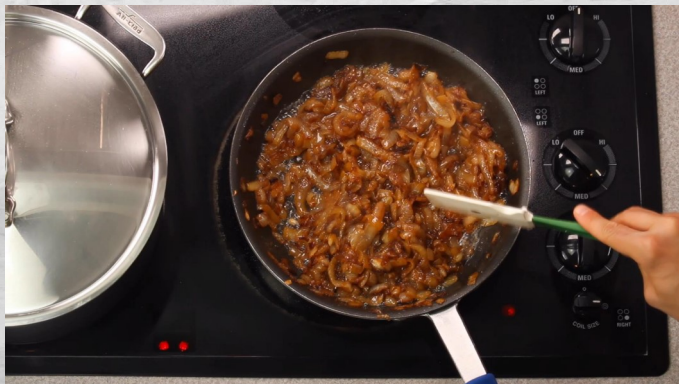
NOT
DONE
YET



DONE



DONE



6 STRAIN THE LENTILS AND RICE. STIR. SERVE.