

## Mujaddara

1.5 Tbsp. olive oil  
2 medium yellow onions, cut in half and then into slices  
1/2 tsp. cumin  
1 bay leaf  
1/2 cup lentils, rinsed and picked over  
1/2 cup brown rice  
2.5 cups water or broth (or a combo)\*

Heat a deep sauté pan or medium saucepan over medium heat. Add the oil. Once hot, add the onions. Cook for two to three minutes over medium heat and then reduce to medium-low. Cook, stirring occasionally, until onions are a dark golden brown, about 20-30 minutes.

Stir in the bay leaf, cumin, lentils and brown rice and sauté for a minute before adding the liquid. Increase the heat to bring to a boil, and then cover and simmer until the rice and lentils are tender, about 45 minutes. Season to taste with salt and pepper.

\*Add more liquid as you are cooking the mujaddara, if necessary.