

## Lentil Rice Casserole

Blend the following together in a casserole baking dish:

- 3 c. water or chicken broth
- $\frac{3}{4}$  c. uncooked lentils, washed
- $\frac{1}{2}$  c. uncooked brown rice, washed
- $\frac{3}{4}$  c. fresh chopped onion
- $\frac{1}{2}$  t. basil
- $\frac{1}{4}$  t. oregano
- $\frac{1}{4}$  t. thyme
- $\frac{1}{4}$  t. garlic powder

Bake covered at 300° for 2-2  $\frac{1}{2}$  hours until tender and water is absorbed. Top with  $\frac{3}{4}$  c. grated cheddar cheese during the last 20 minutes. Remove from oven, top with a handful of minced, fresh parsley before serving.

You could serve this with a fresh green salad and your meal would be well-rounded. One of our favorite ways to eat it is to go Mexican! We load it into flour tortillas, top it with salsa, lettuce, sour cream, and guacamole. Mmm mmmm mmmm ... that's good eats.