

LENTILS GONE WILD!

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Makes: 5-6 Cups

Prep Time: About 15 minutes

Cook Time: 45 minutes

INGREDIENTS (GIVE OR TAKE)

1 cup long grain brown rice
1/4 cup wild rice
3/4 cup mixed lentils and/or split peas
1 large onion
1 bunch kale
2 medium portobello mushrooms
3-4 garlic cloves (or more!)
4 cups water (or broth)
1 hearty sprig fresh rosemary (1 tsp. dry)
Few sprigs fresh thyme (1 tsp. dry)
1 bay leaf
1/4 teaspoon salt
1 tablespoon olive oil (plus more for garnish)
Salt and pepper to taste

PREPARATION

1. Preheat oven to 375 F (190 C).
2. Combine all rice, lentils, and/or split peas.
3. Rinse lentil-rice mixture (watch for stones!) in a sieve or colander and set aside.
4. Cut mushrooms into about 1/4" slices. Peel and chop the onion and garlic.
5. Wash and chop kale, removing tough stems (see video demonstration for a nifty trick).
6. In a stovetop and oven-proof pot, sauté mushrooms, onion, and garlic in olive oil (over medium-low heat) until onions are tender and mushrooms are golden brown.
7. Add rice mix and continue sautéing another minute or two.
8. Add water (or broth), herbs, salt, and kale (giving it a stir to dislodge any rice from the bottom of the pot).
9. Increase heat and bring to a boil. Cover pot with tight fitting lid and bake 45 minutes.
(While you are waiting, do something nice for yourself. You've got 45 whole minutes!)
10. Let pot sit covered for a few minutes before opening (if you can wait that long). Garnish with your favorite oil or butter and a dash of salt and pepper to taste. Enjoy!