



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Mexican Lentils & Rice

Adapted From *Taste of Home Magazine*

Serves 4

1 medium onion, diced
2 cloves garlic, minced
1 tablespoon extra virgin olive oil
1 ½ cups unsalted vegetable broth
½ cup lentils
1 tablespoon chili powder
1½ teaspoons cumin
1 cup frozen corn
1 cup salsa
1 teaspoon oregano
1 teaspoon cider vinegar
2 cups hot cooked brown rice
¾ cup shredded sharp cheddar
Salt and pepper to taste

In a large saucepan, sauté onion and garlic in oil until tender. Add the broth, lentils, chili powder and cumin. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until lentils are almost tender. Stir in the corn, salsa, oregano, and vinegar. Bring to a boil. Reduce heat; cover and simmer 10 minutes longer until lentils are tender. Season to taste with salt and pepper. Serve over hot rice; sprinkle with cheese.