

Cajun Red Lentils and Rice

In a heavy pot add:

2 cups red lentils

1 cup rice (brown or white, or you can use quinoa)

6 cups water

Bring to a boil, simmer until rice is cooked

Separately in a heavy pan add:

2 red onions, diced

2 bell peppers, red, orange or yellow, diced

5 stalks of celery, diced

½ cup olive oil

1 bay leaf

1 Tablespoon salt

Sauté until soft (about 20 minutes)

Add:

1 Tablespoon paprika

½ teaspoon oregano

½ teaspoon thyme

½ teaspoon black pepper

½ teaspoon cayenne pepper

Sauté another 5 minutes or so.

Add cooked lentils and rice to vegetable mixture and adjust water. If it is too thick, add a little water until it is the consistency that you like. Adjust salt.