

# Lentils & Rice

from Caroline's Kitchen  
A Glimpse of Gingham

|                   |                |
|-------------------|----------------|
| Lentils           | 1 Cup          |
| Rice              | 1 Cup          |
| Onion Powder      | 1 Tablespoon   |
| Chili Powder      | 1 Tablespoon   |
| Garlic Powder     | 1 teaspoon     |
| Red Pepper Flakes | 1/2 teaspoon   |
| Oregano           | 1/2 teaspoon   |
| Paprika           | 1/2 teaspoon   |
| Cumin             | 1 1/2 teaspoon |
| Salt              | 1 teaspoon     |
| Pepper            | 1 teaspoon     |
| Chicken Broth     | 4 Cups         |
| Cheddar Cheese    | 1 Cup          |

## *Directions*

1. Preheat oven to 350°
2. Lightly spray a 9x13 baking dish with oil then pour the rice and lentils into the pan. Add the seasonings and stir. Pour the chicken broth in.
3. Cover with aluminum foil and place in the oven.
4. Bake covered for **45 minutes**.
5. Remove the foil and sprinkle the top with cheese, then place back in the oven for **5 more minutes**.

Enjoy with corn chips or tortillas.  
Top with sour cream, salsa, and cheese