

Lebanese Mujadara (Lentils, Rice & Caramelized Onions, Gluten-Free)

Ingredients

- 3 tbsp olive oil (divided)
- 3 large onions, thin slices
- 1 cup brown or green lentils, rinsed
- $\frac{3}{4}$ cup long-grain rice, rinsed
- 4 cups water or gluten-free vegetable broth
- 1 tsp ground cumin
- $\frac{3}{4}$ tsp salt, black pepper to taste
- Lemon wedges (to serve)
- Optional: plain yogurt (or dairy-free yogurt)

Instructions (step by step)

1. Caramelize onions: Heat 2 tbsp oil in a large skillet over medium-low. Add onions and a pinch of salt. Cook 20–25 minutes, stirring occasionally, until deep golden brown. Set aside half for topping.
2. Cook lentils: In a pot, add lentils and 4 cups water/broth. Bring to a boil, then reduce to a gentle simmer for 15 minutes.

3. Add rice and season: Stir in rice, cumin, salt, pepper, and remaining 1 tbsp oil. Cover. Simmer on low 18–20 minutes until liquid is absorbed.
4. Rest and fluff: Turn off heat. Rest 10 minutes covered. Fluff with a fork.
5. Serve: Top with the reserved caramelized onions. Squeeze lemon over each serving. Add yogurt if desired.

Benefits

- Fiber-rich (lentils + onions) for fullness and digestion.
- Plant-based protein from lentils.
- Naturally gluten-free staple.