

Lentil and Brown Rice Casserole

Combine in casserole dish:

3 cups of stock

3/4 cup of Saanichton Farm Whole Red Lentils

1/2 cup brown rice

1 chopped onion

1 tsp Italian seasoning

1/4 tsp garlic powder

Cover and bake at 300 F for
1 hour and 10 minutes.

Uncover. Top with 1 cup of
grated cheddar cheese.

Bake for 20 minutes.



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