

SUPPERTIME SURVIVAL



Spanish Rice with Lentils

Makes 4 servings

Meals containing beans and grains are an ideal high fibre, lower fat alternative to meat. This meal is particularly high in folate, providing 92% of the recommended daily intake.

Ingredients:

1 tbsp	vegetable oil	15 mL
1 tsp	minced garlic	5 mL
1	medium onion, chopped	1
1	can (28 oz/796 mL) tomatoes, broken up	1
1	can (19 oz/540 mL) lentils, drained and rinsed	1
1 cup	long grain rice	250 mL
1 cup	water	250 mL
1/2 tsp	each paprika, ground cumin and chili powder	2 mL
1/4- 1/2 tsp	crushed red chilies	1-2 mL
1	medium sweet green pepper, diced	1

Directions:

-
1. In large saucepan or Dutch oven, heat oil over medium heat; add garlic and onion. Sauté for 3 to 5 minutes until onion is softened.
 2. Add tomatoes, lentils, rice, water, paprika, cumin, chili powder and crushed red chilies. Bring to boil; reduce heat, cover and simmer for 20 minutes.
 3. Add green pepper; simmer, uncovered, for 3 minutes or until rice is tender.

Nutrient Analysis:

Calories: 376
Fat: 5 g
Protein: 15 g
Carbohydrate: 70 g
Fibre: 8 g
Sodium 573 mg
Potassium 973 mg

Food Guide Servings:

Grain Products: 1 1/2
Vegetables and Fruit: 2
Meat and Alternatives: 1

Complete this meal with a serving from the Milk and Alternatives group