

Rice Bear Under A Blanket Of Dal

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bamboo-rice-recipe>

Ingredients:

- 2 yellow onions
- olive oil omit if you avoid oil
- 2 cups red lentils
- 6 cups water
- 1 teaspoon salt
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 teaspoon lemon juice
- 4 cups water
- pea small handful of butterfly, flowers
- 2 cups bamboo rice or substitute white sushi rice

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 67 grams
3. Fat: 6 grams
4. Fiber: 33 grams
5. Protein: 27 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 630 milligrams
8. Sugar: 5 grams

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