

Lebanese Mujadara

Yield: 8 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-upside-down-rice-recipe>

Ingredients:

- 2 1/2 cups brown lentils or green
- 1 cup rice
- 1 teaspoon salt
- 4 tablespoons olive oil divided
- 6 onions 5 chopped, and 1 sliced
- 1 teaspoon ground cumin

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 50 grams
3. Fat: 7 grams
4. Fiber: 20 grams
5. Protein: 17 grams
6. SaturatedFat: 1 grams
7. Sodium: 300 milligrams
8. Sugar: 5 grams

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