

Egyptian Koshary

Yield: 12 min
Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-lentils-and-rice-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 2 cups white rice uncooked
- 3 cups water
- 1 teaspoon salt
- 1 packet macaroni elbow
- 1 cup lentils soaked in water beforehand
- 1/2 teaspoon salt
- 1 tablespoon vegetable oil
- 5 onions minced
- 2 garlic cloves minced
- 3 tablespoons white vinegar
- 4 tomatoes diced
- 1/2 cup tomato paste
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper ground
- 2 1/2 teaspoons cumin ground
- 1/4 teaspoon cayenne pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 43 grams
3. Fat: 3 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. Sodium: 690 milligrams
7. Sugar: 5 grams

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