

Mujadara (Lebanese Lentils and Rice)

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1/2 cup brown lentils rinsed
- 1/2 cup long grain rice
- 1/4 cup olive oil
- 2 onions large, sliced very thin
- pepper
- salt
- greek yogurt for serving

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 5 milligrams
4. Fat: 16 grams
5. Fiber: 9 grams
6. Protein: 10 grams
7. SaturatedFat: 3 grams
8. Sodium: 230 milligrams
9. Sugar: 6 grams

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