

# Lentils and Rice

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-lentil-shorba-recipe>

## Ingredients:

- 4 sweet onions medium, or yellow onions, quartered and thinly sliced
- 3 tablespoons olive oil
- 2 cups lentils cooked
- 1 cup cooked rice
- ground black pepper
- salt
- 2 tablespoons chopped cilantro fresh, or parsley, optional

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 56 grams
3. Fat: 7 grams
4. Fiber: 22 grams
5. Protein: 19 grams
6. SaturatedFat: 1 grams
7. Sodium: 150 milligrams
8. Sugar: 12 grams

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