

# Lentils and Rice (Mujadara)

Yield: 6 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-mujadara-recipe>

## Ingredients:

- 5 yellow onions medium, peeled
- 3 tablespoons olive oil
- 1 cup lentils
- 3 1/2 cups cold water
- 1 cup long-grain brown rice
- 2 teaspoons salt

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 51 grams
3. Fat: 8 grams
4. Fiber: 13 grams
5. Protein: 12 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 800 milligrams
8. Sugar: 5 grams

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