

Baked Kitchari Casserole (Spiced Lentil Rice Casserole)

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/zucchini-vegetable-recipe-indian>

Ingredients:

- 1/2 cup red lentils split, masoor dal or a mix of split red lentils and petite yellow lentils, moong dal
- 1/2 cup basmati rice white
- 2 bay leaves
- 2 cups vegetables chopped, such as cauliflower, carrots, peas, green beans, corn, bell peppers, zucchini, etc
- 1 cup frozen spinach thawed
- 1 large tomato chopped
- 1/2 teaspoon garlic powder
- 2 tablespoons spices choice, see notes for the spices that I usually use
- 4 cups water
- 3 cups rice
- 3/4 teaspoon salt
- cilantro optional
- lemon juice optional
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon cardamom
- 1/2 teaspoon black pepper
- 1/2 teaspoon cayenne
- 1 teaspoon fenugreek leaves Kasoori methi
- 1 teaspoon paprika or kashmiri chili powder
- 2 teaspoons curry powder or 1 teaspoon garam masala
- basmati rice is what is traditionally used but you can make this with brown rice, see notes
- lentils – I use red lentils or a mix of split red lentils, masoor dal and petite yellow lentils, moong dal, see pics
- carrots
- peas
- green beans
- corn
- bell peppers

- zucchini
- veggies
- frozen spinach
- cauliflower
- fresh tomatoes are a great-add as they lend this some moisture and flavor
- coriander
- cumin
- cardamom
- black pepper
- cayenne
- fenugreek leaves
- paprika
- chili powder
- Garam Masala
- spices
- spices
- bay leaves