

Lentil Jambalaya

Ingredients:

- 1 Tbs of grape seed oil
- 2 cups cooked wild rice
- 1/2 onion chopped
- 1/4 c chopped bell pepper
- 1 chopped celery stalk
- 2 chopped Roma tomatoes (skin removed)
- 2 1/2 cups vegetable broth
- 1/3 c lentils
- 2 bay leaves
- 2 sprigs of thyme (stem removed)
- 2 stems of Oregano (stem removed)

1. Sauté onions, bell pepper, and celery stalk until onion is translucent over medium heat
2. add vegetable broth and tomatoes and bring to a boil
3. add herbs and pepper (if you want to add any salt this is the time but I cook without adding any salt) taste broth at this time of you need to add and additional seasoning
4. add lentils and allow to come to a boil before turning down to a simmer and covering.
5. let simmer for 25 mins or until lentils are tender. You may need to add more broth or water.
6. -add rice and cook for 5 minutes or until rice is warmed thoroughly.
7. serve immediately