

SPICED TOMATO LENTILS

Prep Time: 5 minutes

Cook Time: 15 minutes

Included in Box:

- 1 c. brown rice, cooked
- 1 c. lentils, cooked
- 1 (14.5 oz) can low sodium diced tomatoes
- 1 c. canned low sodium spaghetti sauce

Additional Ingredients Needed:

- 1 small onion (~½ c.), diced
- 1 T garlic powder
- 1 tsp chili powder
- ¼ tsp ground cumin or coriander

Directions:

1. Add ¼ c. water and onion to saucepan over medium-high heat; cook until translucent (3-4 minutes).
2. Add diced tomatoes and seasonings to skillet. Stir to mix and cook for 1 minute.
3. Add cooked brown rice, lentils and spaghetti sauce to pan. Bring to boil, then simmer for 5 minutes.

Tip: Add cooked carrot, celery or zucchini for extra flavor and nutritional punch!



Nutrition Facts*

Total Servings: 4
Serving Size: ~1 c.
Calories: 183
Fat: 1 g
Sodium: 52 mg
Carbohydrates: 36 g
Fiber: 8.5 g
Protein: 8 g
Carbohydrate Servings: 2 ½

**Nutrient facts include cooked medium grain brown rice, boiled lentils, canned no salt added diced tomatoes, canned no salt added spaghetti sauce with tomato bits, small white onion, and spices.*