

## Doron's Lentils (Indian Kitchri)

### **Ingredients:**

- 2 cups Basmati rice
- 1 cup red lentils
- 1/4 cup vegetable oil
- 2 tablespoons tomato paste -optional
- 1 teaspoon paprika - optional
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 4-5 cloves garlic, crushed
- 1 teaspoon salt
- 3 1/2-4 cups warm water

### **For Serving:**

- 3 tablespoons vegetable oil
- 1 onion, two halves sliced
- 1 teaspoon cumin
- 1 egg

### **Instructions:**

1. Rinse the rice and lentils under cold running water until the water runs clear. The lentils can be soaked for 30 minutes to an hour beforehand for better nutritional value. Strain rice and lentils to remove as much moisture as possible.
2. Heat the oil in a wide pot and sauté the garlic, stirring occasionally, until slightly golden (take care not to burn the garlic).
3. Add the spices and tomato paste to the pot and toast them lightly.
4. Add the rinsed rice and lentils to the pot and mix well to coat the rice in the oil and spices.
5. Add the water. The water line should be 1/2 inch above the rice.
6. Cover the pot, reduce the heat to medium-low and cook for 15 minutes.
7. Remove from heat and fluff-up the rice with a fork. Replace cover and let it rest, off the heat, for at least 5-10 minutes.
8. To serve: heat 3 tablespoons of oil in a frying pan, add the onion and cumin, and sauté until golden. Remove onions and set aside. In the same pan, fry a sunny side-up egg. Put over the rice and enjoy. Other optional toppings can be sour cream or Greek yogurt and a tomato salad.



## **Doron's Lentils (Indian Kitchri)**

### **Nutrition Facts**

Serving size: 1 cup

#### **Amount per serving**

**Calories** **234**

#### **% Daily Value\***

**Total Fat** 7.9g **10%**

**Saturated Fat** 1.7g **9%**

**Cholesterol** 47mg **16%**

**Sodium** 335mg **15%**

**Total Carbohydrate** 33.5g **12%**

**Dietary Fiber** 5.4g **19%**

**Total Sugars** 4g

**Protein** 7.8g

**Vitamin D** 4mcg **22%**

**Calcium** 33mg **3%**

**Iron** 2mg **12%**

**Potassium** 437mg **9%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by [www.verywellfit.com](http://www.verywellfit.com)