

Main Course

Lentils with Bulgur and Caramelized Onions

**Vegan*

This fabulous Middle Eastern dish is known as poor man's food yet it is fit to feed a king! Enjoy this nutritious meal and taste how the caramelized onions work to complement the grain and beans.

You'll Need

- 1 cup brown lentils
- 1 cup medium grain bulgur
- 2 large onions, sliced
- 3 cups water
- 1 teaspoon cumin
- 1/4 cup olive oil
- Salt and pepper to taste

Directions

- In a skillet on low-medium, heat the olive oil. Once oil is heated, place onions in skillet.
It is best to start onions on low-medium heat and then reduce heat to low and let them just take their time. Stir occasionally. Remove when onions are slightly browned.
- While onions are caramelizing. Prepare beans and bulgur. Get a medium pot and combine lentils, and water. Cook over medium heat for approximately 16 minutes or until lentils are soft.
- Remove lentils from heat and add bulgur, stir, and let sit until rest of water is absorbed. Add more water if necessary.
- Add cumin powder, salt, pepper onions and oil that onions were fried in to the lentil, bulgur mixture.



Play with Your Food

- Leave out cumin
- Top with plain yogurt
- Top with diced tomato

Medwell Kitchen Tested