

# Recipe

## LENTIL BROWN RICE & POTATO NOURISH BOWL



► ► Vegan, gluten-free, refined sugar-free, nut-free

**Yield:** 4 servings

**Prep Time:** 10 min

**Cook Time:** 50 min (or as little as 20 minutes - see note below)

**Total Time:** 60 min (excluding soaking time)

### INGREDIENTS: POTATOES

4 medium red potatoes, cut into 1cm chunks  
 1 tsp (5ml) olive oil  
 1/2 tsp garlic powder  
 1/2 tsp onion powder  
 Ground black pepper

### INGREDIENTS: RICE & LENTILS

1.5 cup (275g) brown rice, soaked overnight, drained\*  
 1 cup (200g) brown lentils, soaked overnight, drained\*  
 1 vegetable bouillon cube

### INGREDIENTS: SAUTÉED VEGGIES

1/2 tsp (5ml) olive oil  
 1 medium red onion, diced  
 2 cloves garlic, minced  
 5 large button mushrooms, coarsely chopped  
 1 tsp (5g) ground cumin  
 1 tsp (5g) Italian mix  
 2 red bell peppers, chopped

### INGREDIENTS: TOPPINGS

Avocado Garlic Cream  
Creamy Artisan Hummus (or store-bought hummus)

### DIRECTIONS

1. Soak rice and lentils for 8 hours or overnight\*\*
2. Preheat the oven to 400F/ 200C. In a baking dish, toss the potatoes in oil and then toss in the remaining spices. Bake for 40 min, stopping to stir on occasion.
3. Add the rice and lentils to a medium pot on high heat with 3 cups (750 mL) water and a crushed bouillon cube. Bring to a boil then reduce to a simmer, with lid partially covered. Cooked until all water absorbed and al dente, about 30 min. **Note:** if the rice and lentils have cooked and are al dente but some liquid remains, simply drain the liquid and let sit on low heat without a lid to allow the excess moisture to evaporate.
4. Add oil and onion to medium pot and sauté on high heat for 5 minutes, stirring and adding 2 Tbsp (30 mL) water as needed to deglaze pan. Add garlic and continue to stir and add water as needed for another 2 minutes. Add the mushrooms and continue for 5 minutes until moisture leaved. Add spices and bell peppers and cook for another 5 minutes.
5. Serve with hummus, guacamole and olives. Enjoy!

### NOTES

1. **\*Speed-it-up:** for a quicker meal, use quinoa and lentils instead; in this case, no advance soaking is required and cooking time reduces by about half. You can also omit the baked potatoes and in this case the meal would take about 20 minutes to prepare!
2. **\*\*Soaking brown rice** helps to quicken cooking time, and soaking lentils is beneficial for many reasons; read more about it [here](#).

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