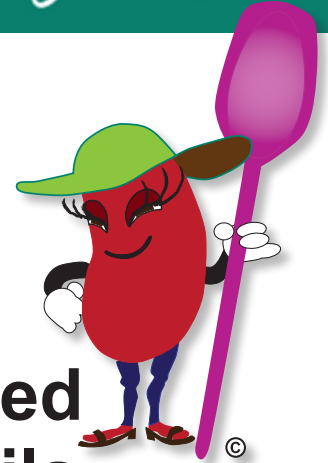


Beans, Rice And Everything Nice



Instant Pot Recipe



Spiced Lentils and Rice (Mujaddara)

original recipe by beansriceeverythingnice.weebly.com

Ingredients

makes 6–8 servings

- 1 large white onion, sliced
- 2-4 cloves garlic, coarsely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 1 teaspoon ground allspice
- 1/2 teaspoon salt (optional)
- 1 cup green-brown lentils, sorted and washed
- 2 cups brown Basmati rice, washed
- 5-1/4 cups water
- lemon juice as desired

1. Press the saute button on the Instant Pot and pre-heat the insert for 1 minute. Spread onion slices evenly over the bottom of the pan. Cover with a lid or a plate, and let sit for a couple of minutes. Lift the lid, stir the onions, cover again, and let sit for a few more minutes. Stir the onions again, adding a splash of water if needed. Cover again, and cook the onions for a couple more minutes. At this point the onions should be soft and golden brown.
2. Add the chopped garlic, stir, and press Cancel to turn off the heat. Add the spices, and combine. Let the garlic and the spices toast in the cooling pan while you drain the lentils and rice.
3. Add the lentils, rice and 5-1/4 cups of water to the pot. Close the lid, making sure the pressure release valve is set to Sealing. Press Multigrain to begin cooking. The Multigrain setting will cook the lentils and rice in 40 minutes on a lower pressure. Or you can press Manual and adjust the cooking time to 22 minutes. When finished cooking, let it sit for 10 minutes before releasing the pressure..
4. Serve on a bed of chopped spinach with a squeeze of lemon juice and some sliced grape tomatoes, a big salad or steamed greens. Add salt and pepper, if desired. If you have time, top with more [Caramelized Onions](#).

Stove Top. Follow the directions in the recipe to caramelize the onions over medium heat. Add the garlic and spices, and toast for 30 seconds or so. Add the lentils, rice and 6 cups of water. Bring to a boil over medium-high heat, cover, reduce heat to low, and simmer for 40-45 minutes. Turn off the heat, and let sit for 10 minutes before lifting the lid and stirring. Serve.