

Lentil-rice Potage

(8 one-cup servings)



INGREDIENTS:

◆250 ml	1 cup	Dry lentils
◆125 ml	1/2 cup	Dry brown rice
◆250 ml	1 cup	Chopped onion
◆1500ml	6 cups	Boiling water
◆625 ml	2 1/2 cups	Canned tomatoes
◆75 ml	1/3 cup	Tomato paste
◆7 ml	1 1/2 tsp.	salt
◆2 ml	1/2 tsp	EACH basil and thyme

DIRECTIONS

ADD lentils, rice, and onions to boiling water. **SIMMER** until done. **ADD** remaining ingredients and **SIMMER** a few minutes to blend flavors.