# Kelly's Herbed Lentils and Rice Casserole

## Ingredients:

2<sup>2</sup>/<sub>3</sub> cups chicken broth
3<sup>4</sup> cup lentils (sorted and rinsed)
3/4 cup onion (chopped)
<sup>1</sup>/<sub>2</sub> cup brown rice (raw)



- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- 1/2 cup mozzarella cheese, part-skim (divided)

### **Directions:**

1. In a 2½ quart casserole dish add the chicken broth, lentils, onions, brown rice, water, spices and ¼ cup mozzarella cheese.

2. Cover and bake at 350° for 2 hours, adding more broth if casserole seems dry.

3. Top with remaining cheese and bake another 2 or 3 minutes until all the cheese is melted.

NOTE: Long grain rice can be used.

Nutrit	lon	Fa	CIS
Serving Size 1/4	of recipe		
Servings Per Cor	ntainer 4		
Amount Per Serv	ing 1 cup		
Calories 267	Calo	ories from	Fat 120
		% Dail	y Value
Total Fat 4g			
Saturated Fa	at 2g		
Trans Fat (	Dg		
Cholesterol 8mg			
Sodium 673mg			
Total Carbohydra	te 42a		
Dietary Fiber	0		
Sugars 3g	iog		
Protein 16g			
Vitancia A 00m ca			45
Vitamin A 23mcg			15m
Folate 195 m	cg DFE N	liacin	3m
*Percent Daily Value			
diet. Your daily values on your calorie need		er or lower o	lepending
on your calone need	S. Calories:	2.000	2,500
	Less than	65g	80g
Total Fat			
Saturated Fat	Less than	20g	25g
Saturated Fat Cholesterol	Less than Less than	300mg	300mg
Saturated Fat Cholesterol Sodium	Less than	300mg 2,400mg	300mg 2,400m
Saturated Fat Cholesterol	Less than Less than	300mg	300mg

# Kelly's Herbed Lentils and Rice Casserole

Serves 4

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2<sup>2</sup>/<sub>3</sub> cups chicken broth
<sup>3</sup>/<sub>4</sub> cup lentils (sorted and rinsed)

- 3/4 cup onion (chopped)
- <sup>1</sup>/<sub>2</sub> cup brown rice (raw)
- 1/4 cup water
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- $\frac{1}{2}$  teaspoon thyme
- 1/2 cup mozzarella cheese, part-skim (divided)

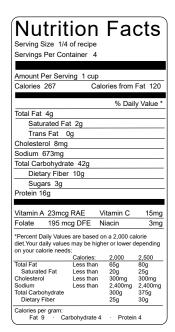
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