

Mujadarah

Ingredients

- 2 large yellow onions, thinly sliced
- 3 Tbsp olive oil, divided
- Salt
- ½ cup brown or green lentils, rinsed
- ½ cup white or brown rice, rinsed
- 1 can (14–15 oz) vegetable broth (or water)
- 1 tsp ground cumin
- ½ tsp ground allspice
- ½ tsp ground cinnamon
- Freshly ground black pepper

Optional to serve:

- Plain yogurt
- Fresh mint or parsley

Method

1. Heat 2 Tbsp olive oil in a wide skillet over medium heat. Add onions and a pinch of salt. Cook slowly, stirring occasionally, until deeply golden and caramelized, 15–20 minutes. Remove and set aside.
2. In a saucepan, heat remaining 1 Tbsp olive oil over medium heat. Add cumin, allspice, and cinnamon; cook briefly until fragrant.
3. Add lentils and broth. Bring to a boil, cover, reduce heat to medium-low, and simmer 15 minutes until lentils are just tender.
4. Stir in rice, cover, and cook 10–12 minutes more until rice is tender and liquid is absorbed.
5. Remove from heat and let rest 5 minutes. Season with salt and pepper.
6. Serve warm, topped generously with caramelized onions. Add yogurt or herbs if desired.