



### **Ingredients**

- ✓ 2 Tbsp. virgin coconut or vegetable oil
- ✓ ¾ cup onion, chopped (1 medium)
- ✓ ¾ cup green bell pepper, chopped (small)
- ✓ 1 medium carrot, chopped
- ✓ 1 Tbsp. garlic, finely chopped (2-3 cloves)
- ✓ 1 Tbsp. tomato paste
- ✓ ¾ cup short grain brown rice
- ✓ 1 ¼ cup green or brown lentils, rinsed
- ✓ 7 cups vegetable broth
- ✓ ½ tsp. dried basil
- ✓ ½ tsp. dried thyme or sprig fresh thyme
- ✓ ½ tsp. sea salt (to taste)
- ✓ Freshly ground black pepper (to taste)
- ✓ 4 cups lacinato kale, coarsely chopped

### **Preparation**

In a large saucepan or soup pot, heat coconut oil over medium low heat. Add onion, green pepper, carrot and garlic and cook and stir until soft and lightly golden, about 10-12 minutes. Stir in tomato paste and cook and stir 3-4 minutes more. Stir in rice and then stir in lentils. Add vegetable broth, basil, thyme, salt and pepper. Simmer about 40-50 minutes, stirring occasionally, until rice and lentils are tender. Add kale and simmer about 5 minutes more, until it wilts. Adjust for seasoning, remove fresh thyme sprig if using, and serve.