



Ingredients

- ✓ 1 ¼ cup red lentils
- ✓ ¼ cup basmati (other long grain white rice)
- ✓ ¼ cup red quinoa
- ✓ 2 Tbsp. virgin coconut or vegetable oil
- ✓ 1 cup onion, chopped (medium)
- ✓ ½ tsp. sea salt
- ✓ ¼ tsp. freshly ground pepper
- ✓ ¼ tsp. red pepper flakes
- ✓ 6 cups vegetable broth
- ✓ 1 tsp. dried spearmint 1 Tbsp. garlic, chopped (3 - 4 cloves)
- ✓ 2 Tbsp. tomato paste
- ✓ 2 tsp. paprika
- ✓ Lemon wedges

Notes:

- Try some coarsely chopped cilantro, parsley or mint as an optional garnish.

Preparation

Place lentils, rice and quinoa in a strainer and rinse thoroughly. Heat coconut oil over medium heat. Add onion & garlic. Cook and stir until translucent (about 10 minutes). Add tomato paste, paprika, salt, pepper & red pepper flakes. Cook and stir 2-3 minutes. Add lentils, rice & quinoa. Toss to coat. Cook, stirring constantly, for 1-2 minutes. Add vegetable broth. Cover and simmer about 20-25 minutes, stirring occasionally, until lentils, rice & quinoa are tender. Add mint and remove from heat. Season to taste and serve with a squeeze of fresh lemon juice or small lemon wedges. Garnish with chopped herbs, if desired.