

## Lentils and a Grain

In a heavy pan, pressure cooker or rice cooker, add:

- 3 cups French lentils (little green lentils)
- 1 ½ cups millet, quinoa or rice
- 8 cups water

Bring to a boil, then turn heat down to low and cook for an hour or so until done, depending on the type of cookware you are using.

**Separately** in a large very heavy pan, sauté

- 2 red or yellow onions, diced
- 2 bell peppers, any color, diced
- 1 head of garlic (about 10 cloves), minced
- ½ cup olive oil (maybe ¾ cup depending if it looks too dry)

Sauté on medium heat. You can start sautéing the onions and peppers while you're preparing the garlic, then add the garlic to the pot once you're done mincing it (hopefully this is before the onions and peppers are completely soft. Whatever you do, don't add the garlic first because it will burn if you're not cooking it with other vegetables. Once the vegetables are soft (about 15 minutes) add:

**Now you have a decision to make--take this an Indian route or an Italian route Choose either:**

<b>Option 1 Indian route</b> 2 teaspoons ground cumin ¼ teaspoon cayenne pepper	2 Tablespoons Hungarian paprika ¼ teaspoon cinnamon 1/8 teaspoon cardamom
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**OR**

<b>Option 2 Italian route</b> 1 teaspoon dried oregano	1 teaspoon dried basil 2 bay leaves
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Now choose **two out of the three** following vegetable options:

- 1 large sweet potato, cubed
- 2 cups cubed butternut squash
- 16 oz. frozen spinach (you can use fresh, but frozen is easier and more affordable)

Add the above spices and vegetables to onion/pepper/garlic mixture along with the following:

- 2 cups applesauce
- 1 large can (32 oz) crushed tomatoes
- 5 teaspoons salt

Steam on medium for about 20-30 minutes (If you're using spinach, you can wait 10 minutes after you've added the butternut squash or sweet potatoes to add it, it won't take as long. Once the butternut squash and sweet potatoes are soft, add the cooked lentils and grain. Mix to incorporate. If the spoon does not slide easily through the mixture, add a cup or two of water. The water content of this dish is very important. Taste for salt. Serves 8 or so.