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# Spanish-Style Lentils and Rice

*The Essential Southern Living Cookbook*

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

**1 cup uncooked long-grain white rice**

**1 cup dried lentils**

**1 teaspoon table salt**

**1 medium onion, diced**

**1 green bell pepper, diced**

**1/2 teaspoon ground cumin**

**1/2 teaspoon chili powder**

**1/4 teaspoon garlic powder**

**1 can (10 ounce) diced tomatoes with green chilies**

**4 ounces (one cup) sharp cheddar cheese, shredded**

Preheat the oven to 350 degrees.

In a medium saucepan over high heat, bring 3-1/2 cups of water, the white rice, lentils and salt to a boil. Reduce the heat. Cover. Simmer 20 to 25 minutes or until the lentils are tender.

In a large skillet over medium-high heat, cook the onion and bell pepper, stirring often, until tender, about 5 minutes. Add the cumin, chili powder and garlic powder. Cook, stirring constantly, for 2 minutes.

Stir the onion mixture and tomatoes into the rice mixture. Spoon the mixture into a 13 x 9-inch baking dish.

Bake in the oven for 15 minutes. Top with the shredded cheddar cheese. Bake for 5 minutes more.

## Side Dishes

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*Per Serving (excluding unknown items): 426 Calories; 25g Fat (53.1% calories from fat); 28g Protein; 22g Carbohydrate; 11g Dietary Fiber; 79mg Cholesterol; 863mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.*