Red Lentil and Tomato Rice Pot

3 soft rice-and-lentil bowls · Active 15 min · Total 1 hr 30 min

Skills: Easy

Ingredients

- 3/4 cup long-grain white rice (140 g)
- 1/2 cup red lentils (100 g)
- 1 tablespoon olive oil (15 ml)
- 1 medium onion, finely chopped (150 g)
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1 can chopped tomatoes, 14 oz (400 g)
- 2 cups vegetable stock (480 ml), plus 2–4 tablespoons hot drinking-quality water (30–60 ml) held separately for adjustment only if needed
- 1/4 teaspoon fine salt
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped parsley (8 g)

Set out

Heavy saucepan of at least 2.5 liters, with tight lid, Fine sieve, Wooden spoon

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Timing

Allow about 90 minutes including preparation, bringing the lentils to a boil, their complete softening stage before tomato, the separate rice cooking stage and a 5-minute covered rest. Longer packet requirements or the optional separately cooked peas add time.

Make it

1. Rinse the rice and lentils separately in the sieve and drain. Heat the oil in the saucepan over medium heat and soften the onion for 5 minutes.

2. Add garlic, cumin and paprika and stir for 30 seconds. Stir in the lentils and all 2 cups (480 ml) stock. Bring to a boil, then reduce to a gentle simmer and cook for the lentil packet's full required time, usually 20–25 minutes, until fully soft with no hard centers. Follow any specified initial boiling stage. Keep tomatoes and rice out until this check passes.

3. Stir in the rice, chopped tomatoes with all their juice, and salt. Return to a gentle boil, cover, reduce heat to low and cook for 15–20 minutes, or the rice packet's longer required time, until the grains are tender. If the pot becomes dry before then, add the listed 30–60 ml hot drinking-quality water reserve a spoonful at a time and continue covered gently.

4. Remove from heat and stand covered for 5 minutes. Stir gently with the lemon juice and parsley, divide all the soft rice-and-lentil mixture among 3 bowls and serve.

Keep a little water reserve

Measure the main stock accurately, then keep a small amount of hot water available for adjustments. A tight lid and low heat reduce evaporation better than repeatedly topping up an uncovered pot.

A useful detail

Some tomato brands are thicker than others. Keep a little hot water available, adding small amounts only as needed.

Keep it well

For freshly cooked rice, divide promptly into shallow portions and cool and refrigerate as quickly as possible, ideally within 1 hour of the original cooking. Keep at 40°F/4°C or below and eat within 24 hours of that original cooking. Reheat only once to 165°F/74°C throughout, adding a little fresh water. Eat promptly and discard reheated remains. Discard food left beyond 2 hours at room temperature, or 1 hour above 90°F/32°C. Cook only what can be eaten or chilled safely.