

Lentil, Rice & Squash Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 cup Brown Rice (uncooked)
- 1/2 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1 3/4 cups Vegetable Broth (divided)
- 3/4 tsp Dried Parsley
- 1/2 tsp Thyme (dried)
- 1/4 tsp Sea Salt
- 1/2 cup Dry Green Lentils (rinsed)
- 2 cups Butternut Squash (cut into 1-inch cubes)
- 2 cups Broccoli (cut into small florets)

NUTRITION

AMOUNT PER SERVING

Calories	461	Carbs	94g
Fat	3g	Protein	20g

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Meanwhile, add the onions and garlic to a pot with a few splashes of broth. Heat over medium heat and cook for about five minutes until the onions begin to soften. Add the parsley, thyme, and salt and cook for another minute.
- 03 Add the lentils and the remaining broth and stir to combine. Bring to a gentle boil and cover with the lid. Cook for about 20 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not cooked to the desired tenderness, add more water or broth and continue cooking until done.
- 04 Meanwhile, add the squash to a steamer basket and steam for about eight to ten minutes then add the broccoli to the basket and continue to steam for about five minutes more or until the vegetables are tender. To serve, divide the ingredients evenly between bowls and enjoy!