

Lentil Quinoa Rice

Prep: 5 minutes • Cook: 20 minutes

Fluffy long-grain rice studded with tender brown lentils and nutty quinoa, gently steamed in water or broth for a hearty, comforting side that packs extra fiber and protein.

Ingredients

- 1 cup long-grain white rice (e.g., jasmine or basmati)
- 1/2 cup brown lentils (soaked)
- 1/2 cup quinoa (thoroughly rinsed)
- 3 cups water or vegetable broth
- 1 teaspoon olive oil (optional)
- 1/2 teaspoon kosher salt (optional)

Instructions

1. Add brown lentils to a bowl and cover with boiling water; soak for 30 minutes, then drain.
2. Rinse the long-grain white rice and quinoa thoroughly in a fine-mesh sieve until the water runs clear.
3. Add the drained lentils, rinsed rice, and rinsed quinoa to the rice cooker bowl.
4. Pour in 3 cups of water or vegetable broth; optionally add olive oil and kosher salt, then stir to combine.
5. Set the rice cooker to the White Rice or Standard setting and start.
6. When the cycle finishes, let the mixture steam on the Warm setting for about 5 minutes without opening the lid.
7. Fluff gently with a rice paddle or fork and serve.

Tags: Vegan, High Fiber, High Protein, Rice, Lentils, Meal Prep
