



KOSHARI



INGREDIENTS:

1 c brown rice
1 c brown lentils
1 c cooked macaroni
½ c garbanzo beans
3 c low-sodium vegetable stock
2 c warm water
1 tsp olive oil
1 tbsp red wine vinegar
½ c chopped white onion
2 minced garlic cloves
1 tbsp Baharat spice mix *

1 bay leaf
1 small can tomato sauce
½ small can tomato paste
¼ tsp red chili flakes
Salt & pepper to taste

PREPARATION:

- 1- Prepare rice & pasta according to package directions using half water & half broth. Prepare lentils according to package directions (with bay leaf & 1 clove of garlic added) using half water & half broth.
- 2- Heat oil in saucepan. Add onions & cook until translucent (about 2 min). Add garlic, stir & cook for 1 min. Add tomato sauce & paste, vinegar, chili flakes, spice mix, salt & pepper. Stir to mix well. Bring to a simmer, reduce heat, cover saucepan, & continue to cook for 10 min (stir occasionally).
- 3- Add rice, pasta, lentils, & most of the beans to the tomato sauce. Stir to incorporate all ingredients.
- 4- Plate the dish in a serving bowl. Garnish with the remaining beans & chopped parsley.
- 5- Serve & enjoy!

NOTE: *The recipe for Baharat spice mix is also on our blog

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