

Easy Vegetable Rice



I stumbled upon this recipe thanks to a leftover bag of white rice in my pantry... yes, really! After moving twice with this bag of rice, I finally decided it was time to use it up before it started tasting like “the back of the pantry.” However, knowing that white rice, being fibre-free, wouldn’t keep me full for long, I wanted to find a way to make it more satisfying. And WOW, I was pleasantly surprised by the result! Since then, it’s become a staple in my home: even quicker than cooking wild rice! Plus, for those looking to reduce their carbohydrate intake, this recipe is a sneaky way to lower your starch consumption.

Bon appétit!

Preparation 10 min

Cooking 25 min

Portion 8

Nutrition Facts (per serving)

Calories 140 kcal

Fat 0 g

Carbohydrates 29 g

Fibre 3,5 g

Protein 6 g

Sodium 25 mg

Ingredients

- 125 ml ($\frac{1}{2}$ cup) dry red lentils
- 187 ml ($\frac{3}{4}$ cup) basmati rice (or other white rice)
- 500 ml (2 cups) frozen mixed vegetables of your choice (e.g., medley, spaghetti mix, etc.)
- Pepper, to taste
- Fresh herbs or spices of your choice (optional)

Preparation

1. Rinse the lentils under cold water.
2. In a large pot, combine the lentils, rice, and the amount of water indicated on the rice package. Add an additional cup of water.
3. Bring to a boil, then let simmer for about 15 to 20 minutes, or until all the water is absorbed and the lentils and rice are tender.
4. Meanwhile, in a large pan over medium heat, lightly spray with cooking oil and cook the frozen vegetables for about 5 minutes, until tender and heated through.
5. Mix the cooked rice with the vegetables.
6. Season with pepper and fresh herbs if desired.

Notes

Store in an airtight container in the refrigerator for up to 5 days. Can be frozen for up to 3 months.

For a creamier texture, replace some of the cooking water with your choice of broth or coconut milk.



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