



Simple | Healthy | Delicious

Mexican Lentil Casserole

INGREDIENTS

2 tbsp. vegetable oil
1 medium onion, chopped
3 stalks celery, chopped
4 cups water
1 cup dried Nature's Earthly Choice Organic Lentil Trio
1-1/2 cups cooked brown rice
1 can of tomato paste
1 pkg. taco seasoning mix
1 tsp. chili powder
1/2 cup crushed taco chips
1/2 cup cheddar or Monterey Jack cheese, grated
1 medium green bell pepper, chopped



DIRECTIONS:

1. In a large saucepan, sauté onions, green peppers and celery in oil over medium heat for 5 minutes. Add water and bring to boil. Stir in Nature's Earthly Choice Organic Lentil Trio.
2. Cover, reduce heat and simmer for 40 minutes. Do not drain.
3. In medium sized, lightly oiled casserole dish, combine Nature's Earthly Choice Organic Lentil Trio with other ingredients except taco chips and cheese. Bake, uncovered, for 20 minutes at 350F.
4. Sprinkle taco chips and cheese on top. Bake another 5 minutes or until cheese melts.