

RICE LENTIL POLOU
from The New Laurel's Kitchen
adapted by Helen Gunderson

1/2 medium onion
1 tablespoon oil
1 cup raw brown rice
1 tablespoon tomato paste (I like to use a bit more)
2 1/2 cups water or vegetable stock (I sometimes use chicken stock)
1/4 teaspoon cinnamon
1/4 cup raw lentils (I like to use about 1/2 cup)
1 teaspoon salt
1/2 cup raisins
(1/2 cup pine nuts or chopped almonds) I like to use walnuts

This recipe will have its best color if you cook it in a nonferrous pot.

Chop onion and saute in oil until soft. Add rice and stir for several minutes. Combine tomato paste with water and cinnamon. Add this mixture, along with the rinsed lentils, to the rice. Bring to a boil, cover tightly, turn heat very low, and simmer for 30 minutes.

Preheat oven to 350°F.

Stir in salt, raisins, and nuts. The mixture should still have a little water; if not, add 1/4 cup. Place in greased baking dish. Cover and bake for 20 to 30 minutes.

Serves 4 to 6.