

## Green Lentil Vegetable Casserole

It requires a slow cooker, green lentil, rice, zucchini, parsnip, celery, carrot, onion and garlic.

Serves 4

1 cup of green (Soaked overnight in water)

¼ cup of rice (rinse before use)

1 medium onion 158g

1 parsnip 39g

1 zucchini 133g

1 carrot 74g

1 clove of garlic 5g

1 Celery stalk 60-65g

4 cups of water

1 tbsp of olive oil

### Spices:

1-2 teaspoon of sea salt

1 teaspoon of black pepper

2 teaspoon of cumin

1 teaspoon of turmeric

1 teaspoon of cinnamon

Drain the soaked green lentil in a sieve and rinse it and let it drain.

In the meantime cut all the vegetables in 1 cube inch (except onion). Slice the onions lengthwise and add it to the cut vegetables.

Transfer all the vegetables to the slow cooker add the green lentil and the rice. Then add the water.

Turn on the slow cooker on high cook and time it for 3.5 to 4 hrs of cooking.

After it is done cooking (little amount of water left) add the spices, salt and lastly the olive oil. Mix the spices, salt, olive oil with the cooked vegetable and the green lentil. Serve hot with your favorite salad.

Optional caramelize one onion cut lengthwise at low heat with your favorite oil and spread them on top of the green lentil casserole.

### Recipe Notes

1. Spice can be replaced by your preferred ones. Chili can be added to this dish.
2. Olive oil can be replaced by any oil.

3. The vegetables are all medium size. Not necessary to follow the exact weight.
4. **This recipe can be done on top of the stove but you don't need to soak the lentils. It is done in exactly the same order as above over medium heat. It should take half an hour to three quarter of an hour to cook the lentils with the vegetables than add the spices and salt.**
5. **For meat lover this can be serve with lamb roast or lamb chops.**

