

Plant-Based & Planet-Friendly

Spring 2024

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Southwest Rice & Lentil Skillet

Serves 4

Time 45 minutes

Vegan

Common Allergens none

Recipe from [Budget Bytes](#)

Ingredients

- 1 tablespoon olive oil
- 1 cup red onion, diced
- 2 cloves garlic, minced
- 2 teaspoons cumin
- 2 teaspoons chili powder
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup brown lentils, rinsed
- 1 150 ounce can black beans, drained & rinsed
- 1 14.5 ounce can fire roasted tomatoes
- 1 cup frozen corn
- 2 cups vegetable broth
- ¾ cup long grain white rice, rinsed
- 2 green onions, sliced



Notes

- Optional: After cooking, add ½ cup shredded cheddar cheese, using vegan cheese if preferred.

Instructions

1. Heat a large, deep skillet over medium heat. Add olive oil and onion and sauté until onions are translucent, approximately 2-3 minutes. Add garlic and sauté an additional 30 seconds or until garlic is fragrant.
2. Add the cumin, chili powder, oregano, salt, and pepper to the skillet, stir and toast spices for about 30 seconds.
3. Next add in the lentils, black beans, fire roasted tomatoes (with juices), corn, and vegetable broth. Stir everything to combine. Place a lid on the skillet, turn the heat up to medium-high, and allow the mixture to come to a full boil. Once boiling, immediately reduce the heat to medium-low and simmer for 5 minutes. This will allow the lentils to start cooking first before adding the rice.
4. After 5 minutes, remove the lid and add the rice. Stir briefly just to evenly distribute the rice, cover with a lid, bring the skillet back to a boil, then reduce the heat again and simmer for 20 minutes.
5. After 20 minutes, remove the skillet from the heat and let it rest, with the lid on, for 5 minutes. After it has rested, remove the lid, fluff the rice and gently stir to redistribute the veggies.
6. Top the lentils and rice mixture with sliced green onions and serve.