

Lentil-Rice Loaf

Ingredients:

Amount (1, .50 , 8)	Unit (cup, Tbsp, g, ml)	Item (egg, chaya leaves, sugar)	Preparation (crushed, diced, whole)
1	cup	brown rice	cooked
1	cup	lentils	cooked
1		eggs	beaten
1	tsp	salt	
½	cup	onion	finely chopped
2	tbsp	cooking oil	
1	cup	croutons	
1	cup	canned tomatoes	sieved
¼	tsp	thyme	
½	tsp	sage	

Recipe Instructions:

1. Sauté onion in the oil until limp but not brown.
2. Remove from stove.
3. Add rest of ingredients including rice.
4. Pour into casserole and bake in a 350-degree oven for 35 minutes.
5. Serve with your favorite gravy or any undiluted cream soup, heated.

<http://edn.link/wkk29t>