



Cheesy Lentil and Rice Casserole

Makes 4 servings | Serving size: ¼ cup

Ingredients Needed:

- 3 cups of low-sodium chicken broth
- ¾ cup dried lentils
- ½ cup dry brown rice
- ¾ cup chopped onion
- 1 teaspoon basil
- 1 teaspoon thyme
- ½ teaspoon oregano
- 2 teaspoons garlic powder
- ½ teaspoon chili powder (optional)
- Topping: ½ cup of cheddar cheese, grated

Directions:

1. Preheat the oven to 300°F.
2. Combine all ingredients in a casserole dish (any size or shape will do)
3. Cover tightly with foil or a lid.
4. Bake for 1 hour.
5. Top with cheddar cheese and bake until the cheese is bubbly.