

Mexican Lentil Casserole

simple
healthy
delicious

Ingredients

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 3 stalks celery, chopped
- 4 cups water
- 1 cup dried Nature's Earthly Choice™ Organic Lentil Trio
- 1-½ cups cooked brown rice
- 1 can of tomato paste
- 1 pkg. taco seasoning mix
- 1 teaspoon chili powder
- ½ cup crushed taco chips
- ½ cup cheddar or Monterey Jack cheese, grated
- 1 medium green bell pepper, chopped

Directions

1. In a large saucepan, sauté onions, green peppers and celery in oil over medium heat for 5 minutes. Add water and bring to boil. Stir in Nature's Earthly Choice™ Organic Lentil Trio.
2. Cover, reduce heat and simmer for 40 minutes. Do not drain.
3. In medium sized, lightly oiled casserole dish, combine Nature's Earthly Choice™ Organic Lentil Trio with other ingredients except taco chips and cheese. Bake, uncovered, for 20 minutes at 350°F.
4. Sprinkle taco chips and cheese on top. Bake another 5 minutes or until cheese melts.

