Bean, lentil and brown rice casserole

Beans, lentils and brown rice pack a whole grain and vegetable protein punch Recipe and photo provided by hellocanola.ca

270 cal Serves 12 | Prep time 0h 10m | Cook time 1h 40m | Total time 1h 50m

Ingredients

- 1 1/2 tbsp (20 mL) canola oil
- 1 cup (250 mL) chopped onion
- 3 cloves garlic, minced
- 3 tbsp (45 mL) chopped, canned chipotle peppers in adobo sauce
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) dried savory
- 1/2 tsp (2 mL) freshly ground black pepper
- 1 cup (250 mL) sodium-reduced medium or hot salsa
- 1 cup (250 mL) raw brown basmati rice
- 1 cup (250 mL) green lentils
- 1 can (19 oz/540 mL) kidney beans, drained and rinsed
- 4 1/2 (1.125 L) cups water
- 1 bay leaf
- 1 cup (250 mL) reduced-fat shredded cheddar cheese

Directions

1. Preheat oven to 350 ºF (180 ºC). Lightly spray 3-quart (3.4 L) casserole with canola oil cooking spray and set aside.
2. In large soup pot, heat canola oil over medium-high heat. Add onions, reduce heat to medium and cook for 3-4 minutes. Add garlic, chipotle peppers, oregano, savory and black pepper and cook for 1-2 minutes more. Stir in salsa and deglaze pan.
3. Add brown rice, lentils, kidney beans, water and bay leaf. Bring to a boil. Transfer mixture to prepared baking dish. Cover with foil and bake in preheated oven for about 1¼ -1½ hours or until rice and lentils are tender and no water remains. Stir twice during baking, replacing foil before returning to oven. Remove bay leaf before serving.
4. Remove from oven, remove bay leaf and sprinkle with cheese. Leave foil off and return to oven for 3-4 minutes to melt cheese.

source:
https://www.heartandstroke.ca/healthy-living/recipes/meatless-main-dishes/bean-lentil-and-brown-rice-casserole

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