

## ONE POT LENTILS & RICE

**Serves 8**

1 1/2 (300g) cups red lentils \$0.24  
7 cups water  
4 garlic cloves \$0.15  
1 tsp cumin \$0.10  
1/2 tsp cinnamon \$0.04  
2 cups (370g) basmati rice \$1.28  
1 tsp salt  
1/4 avocado on top per serving \$1.63



**Total cost per serving: \$0.43**

### Directions

- Add lentils, water, garlic and spices to a pot over medium high
- heat. Cook for 25 minutes, until lentils are soft. Add rice and salt.
- Return to a boil, turn heat to low, and simmer for about 20 minutes.
- Top with avocado!

**Video:** <https://www.youtube.com/watch?v=zzR4xAA4S5k>