



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

BROWN RICE, LENTIL, ONION SOUP

Cookinglight.com

Makes 12 Servings

- 2 tablespoons of olive oil
- 4 cups white onions, sliced
- 1 tablespoon sugar
- 1 teaspoon garlic, minced
- 1 cup white wine
- 3½ quarts lower-sodium beef broth or vegetable broth
- ¾ cup brown lentils
- 1 cup brown rice
- ½ cup chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 2 tablespoons balsamic vinegar
- Salt and black pepper to taste

- Heat a large skillet over low heat. Add oil to pan; swirl to coat. Add onions and sugar; cook 20 minutes or until the onions caramelize. Add garlic to pan and cook 3 minutes.
- Add white wine and cook 2 minutes. Add broth, lentils, and brown rice to pot; simmer for 50 minutes.
- Stir in parsley, basil, and balsamic vinegar. Season with salt and pepper.
- Place lid on pot. Let steep for 1 hour to enhance flavor.
- Serve hot with crusty bread or croutons.