

Lentils and Brown Rice Burritos

Ingredients:

$\frac{3}{4}$ cup dry lentils

$\frac{1}{2}$ cup brown rice (dry/uncooked)

$\frac{1}{4}$ cup olive oil

3 cups of water

1 onion, chopped

$\frac{3}{4}$ to 1 teaspoon of:

--salt

--pepper

--garlic powder

--basil

--cumin

Directions:

All of the above should be placed in a casserole dish, covered with tin foil and put in the oven at 350 to 375 degrees for 2-3 hours. When the lentils and rice are cooked, remove from oven, take off tin foil and cover with grated cheese. Recover with foil to allow the cheese to melt in.

The contents can be placed in a tortilla, with salsa if preferred, and wrapped into a burrito.