How to Cook Brown Rice and Lentils Together in a Rice Cooker

Lentils and brown rice are two cheap, nutritional food items. However, many people have no idea how to cook them because they are not a traditional food in the Western world. They are both easy to cook and require little attention, making them an ideal item for busy people or those who are just starting out at cooking.

Ingre	dients	
	4 cup lentils 4 cup brown rice	
	cups water OR vegetable stock OR chicken/beef stock OPTIONAL: 2 teaspoons of any kind of seasoning and/or pre-cooked vegetables	
Step		
1	Rinse and drain the lentils and rice (you may wish to wash them together for the sake of time) multiple times, either using a wire strainer or the pot of your rice cooker.	
2	Add the lentils, rice, water/stock, and, optionally, seasoning and pre-cooked vegetables.	
3	Stir well.	
4	Secure lid.	
5	Cook for 35 minutes.	
6	When finished, unplug the cooker and set it aside with the lid partially removed to allow the food to cool a bit.	
7	Finished.	
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Tips

- Grilled chicken is a great compliment to this dish; you can serve it over the chicken or as a side dish.
- You can eat rice and lentils with a variety of sauces. Try salsa, hot sauce, guacamole, and sour cream for starters.
- Buying rice and lentils in bulk at a great price is a good idea, since both items keep well.
- If there is too much liquid in your recipe, cook for ten more minutes until it is moist but still sticks together.

Things You'll Need

A non-metal stirring device (anything metal will most likely scratch the inside of a rice cooker and damage it).

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