



# Red Clay Cook-Off Family Style



## Malak's Koshary

### **Ingredients:**

- 2 C. Rice<sup>(1)</sup>
- 3 C. Water
- 1 (16 ounce) Package Elbow Macaroni<sup>(1)</sup>
- 1 C. Dried Lentils, Soaked in Water for 30 minutes.
- 2 C. Water
- 1 TBSP Canola Oil
- 2 Medium Onions, Diced
- 1/2 cup flour (to coat onions)
- 1/4 tsp Salt and Pepper
- 2 tsp Canola Oil
- 1 TBSP Garlic, Minced
- 3 TBSP White Vinegar
- 1 (28oz) Can Tomato Sauce<sup>(2,3)</sup>
- 1 tsp Chili Powder
- 1/4 tsp Salt and Pepper
- 1 Can Chick Peas, Drained and rinsed<sup>(2,3,4)</sup>

### **Instructions:**

Cook Rice per package instructions (*Note that the rice to water ratio may vary depending on the type of rice you use. Please refer to cooking instructions on box.*) Cook pasta per package instructions. Bring 2 cups of water to a boil; drain and rinse lentils; stir in lentils; bring to a boil; cover and reduce heat to low. Simmer until lentils are tender (15-20 minutes). Drain and rinse canned chick peas. Chop the onions into a large dice and lightly coat with flour, salt and pepper, Add 1 TBSP canola oil to pan; add chopped onions and sauté until golden brown. To make the sauce, add 2 tsp oil, sauté garlic in pan and add tomato sauce, chili powder, salt, pepper and vinegar. Let simmer for 5-10 minutes. To serve this Egyptian platter, layer Rice, Pasta, Lentils, Chick Peas Sauce, and top with crispy onions. Enjoy!

### **TIPS! Cooking for quality, nutrition and safety**

1. For added fiber, use Brown Rice and Whole-Wheat Pasta!
2. Choose No-Salt Added or Low-Sodium Canned products for this recipe.
3. Clean the tops of your canned goods before opening to remove any contaminants from the top, which could get into the product once opened.
4. Rinse the canned beans before adding to the dish to remove excess salt. Additionally, you could use soaked, dried Garbanzo beans in place of the canned variety.
5. Sneak other vegetables into this recipe for added nutritional benefits. A few suggestions; Fennel, baby spinach leaves, kale, carrots or squash.