

Mujadara with Zhoug

From Feed These People by Jen Hatmaker

Begin with making your zhoug. It's suggested that you make this a day ahead of time if you're making the Mujadara.

Zhoug:

4 garlic cloves
2 cups fresh cilantro
1 jalapeno, seeded
½ teaspoon salt
½ teaspoon cardamom
½ teaspoon ground cumin
1/ teaspoon red pepper flakes
Juice of one lemon
3/4-1 cup olive oil

Combine everything in a food processor or blender. Refrigerate. You can put zhoug on eggs, salads, sandwiches, hummus, vegetables, and beans.

Caramelized Onions:

4 large onions, sliced
2 TB EVOO
2 TB butter
Salt and pepper

Get the onions cooking low and slow in a big frying pan or Dutch oven. They take about 45 minutes to an hour. Stir frequently.

Rice and Lentils:

4 garlic cloves
2 tablespoons ground cumin
2 TB smoked paprika
2 teaspoons onion powder
2 teaspoons salt
2 teaspoons cayenne pepper
1 teaspoon black pepper
2 bay leaves
8 cups veggie stock
2 cups uncooked basmati rice
16 ounces dried brown lentils, rinsed and drained

While the onions are cooking, cook the rice and beans together. Add all the ingredients from “garlic through veggie stock” into a Dutch oven or large pot. Bring stock to a boil over medium high heat and add rice and lentils. Stir to combine. Lower the heat, put a lid on it, and cook for 30-40 minutes until the lentils are tender. Remove the bay leaves before serving.

4 sweet potatoes, peeled & cubed
olive oil
Salt & pepper
Plain greek yogurt for serving

The author has added a non-traditional layer of roasted sweet potatoes. Cube potatoes, toss in olive oil and bake on a sheet pan for 20 minutes until they are tender.

Serve family style on a big platter with the lentils & rice, topped with potatoes, then onions, then add the zhoug. Delicious! And good for you, too.