



# Cheesy Lentils, Rice & Beans

Prep: 5 minutes | Cook: 30 minutes | Total: 35 minutes

Yield: 8 servings | Serving Size: 1 cup

## Ingredients

- 1/2 cup uncooked, instant brown rice
- 1/2 cup uncooked lentils, rinsed
- 2 cups unsalted chicken or vegetable broth
- 1 teaspoon onion powder
- 1 teaspoon chili powder or chipotle chili powder
- Salt and black pepper, to taste
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 15 ounce can black beans, rinsed and drained
- 1/2 cup frozen or unsalted canned corn
- 1 can diced tomatoes with chilis
- 1 cup salsa
- 3/4 cup shredded cheese

## Directions

1. Heat a large pot or saucepan over medium high heat. When the pot is hot, add in the brown rice, lentils, and chicken or vegetable broth.
2. Stir and bring to a boil. Once boiling, cover and reduce the heat to low. Simmer for 20 minutes, or until the lentils and rice are tender.
3. Season the rice and lentils with onion powder, salt, pepper, chili powder, cumin, and garlic powder.
4. Add in the remaining ingredients and only 1/2 of the cheese (reserve 1/4 cup for the end) and stir together.
5. Continue to cook and stir the mixture until the cheese is melted.
6. Top with the remaining 1/4 cup of cheese and cover with a lid. Heat on low 1-2 minutes until the cheese is melted and the mixture is bubbly.
7. Serve hot in a bowl, with tortilla chips, or as a burrito filling

## Recipe Notes

- This recipe keeps for up to 5 days in the refrigerator and 3 months in the freezer
- If using regular brown rice, increase the initial cook time to 35-45 minutes and add an additional 1/2 cup of broth

**Nutrition Facts Per Serving: Calories: 164 | Total Fat: 1 g | Saturated Fat: 0.1 g  
Sodium: 494 mg | Total Carbohydrate: 31 g | Dietary Fiber: 8 g | Protein: 9 g**

Submitted by Melanya Souza, RD, LD/N  
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