



LEBANON

LUNCH

PRINTABLE RECIPE PDF

Lebanese Mujadara

Mujadara is a beloved Lebanese dish made of lentils, rice, and caramelized onions. It reflects the resourcefulness of traditional Lebanese cooking, utilizing simple

PREP

10 min

COOK

30 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 1 cup brown lentils - rinsed and drained
- 1 cup long-grain rice - rinsed and drained
- 4 cups water
- 2 large onions - thinly sliced
- 1/4 cup olive oil - for frying
- 1 teaspoon ground cumin
- 1 teaspoon salt - to taste
- 1/2 teaspoon black pepper - to taste
- 1 teaspoon cinnamon - optional for added warmth
- 2 tablespoons lemon juice - for serving

WHY THIS WORKS

About this recipe

A printable Lebanese Mujadara recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Mujadara is a beloved Lebanese dish made of lentils, rice, and caramelized onions. It reflects the resourcefulness of traditional Lebanese cooking, utilizing simple ingredients to create a hearty and flavorful meal often

ORIGIN & TRADITION

Mediterranean context

Mujadara is a beloved Lebanese dish made of lentils, rice, and caramelized onions. It reflects the resourcefulness of traditional Lebanese cooking, utilizing simple ingredients to create a hearty and flavorful meal often enjoyed during Lent or at family gatherings.

METHOD

Step-by-step instructions

1

In a pot, combine the lentils and water. Bring to a boil, then reduce the heat and simmer for about 15 minutes, or until the lentils are tender but not mushy.

2

Add the rice, cumin, salt, and pepper to the pot. Stir well and cover, cooking for an additional 15 minutes or until the rice is cooked and has absorbed the liquid.

3

Meanwhile, heat the olive oil in a skillet over medium heat. Add the sliced onions and sauté until they are golden brown and caramelized, about 15-20 minutes. Remove from heat.

4

Once the rice and lentils are cooked, fluff with a fork and gently fold in half of the caramelized onions, reserving the rest for topping. Serve warm, drizzled with lemon juice and topped with remaining onions.

CHEF'S TIP

For the best flavor, allow the mujadara to rest for a few minutes off the heat after cooking, letting the flavors meld.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	15 g
Protein	18 g	Fiber	12 g
Carbohydrates	70 g	Sodium	600 mg

SERVING SUGGESTION

Serve mujadara with a side of plain yogurt and a fresh salad of chopped parsley, tomatoes, and cucumbers for a refreshing contrast.