



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Carrot Lentil Brown Rice Casserole

Makes: 30 Servings

30 Servings

Ingredients	Weight	Measure
Cooking spray		As needed
Onion, chopped		1 1/2 cups
Carrots, diced frozen		2 1/2 cups
Dry lentils, rinsed		2 cups
Uncooked brown rice		2 cups
Green pepper, chopped		2 1/2 cups
Dried thyme		1 tsp
Dried basil		1 tsp
Oregano		1 tsp
Salt		1/2 tsp
Rubbed sage		1/2 tsp
Minced garlic		1 Tbsp
Water		5 cups
Low sodium vegetable base	3/4 oz	
Canned tomato strips in puree		5 cups

Directions

1. In steam table pans sprayed with cooking spray, combine all ingredients.
2. Cover and bake at 300 degrees F (convection oven) until the liquid is absorbed and lentils and rice are tender (about 1 1/2 hours).
3. Keep hot (155 degrees or higher) for service.

My Notes

Source: Whole Grains Council

Nutrition Information

Nutrients	Amount
Calories	110
Total Fat	1 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	80 mg
Total Carbohydrate	22 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available