

Fakes Me Rizi

(Lentils with Rice)

Submitted by Linda Lopos

Ingredients:

- 1/4 cup oil
- 1 large sweet (Vidalia) onion, chopped
- 1 Tbs. chopped garlic
- 1 small can tomato paste
- 4 cups (32 oz.) vegetable broth
- ½ tsp. Lowry's seasoned salt
- ¼ tsp pepper
- 1 tsp. dried basil leaves
- 2 bay leaves
- 1 cup dried lentils (sort and rinse)
- 1 cup raw rice

Preparation:

Sauté onion and garlic in oil until soft. Gradually stir in tomato paste until well blended. Add broth and all seasonings and bring to a boil. Add lentils and reduce heat. Cover and simmer 25 min. Uncover and add rice. Cover and simmer 20 – 25 min. until liquid is absorbed.

The right practice of abstinence is needful not only to the mortification of the flesh but also to the purification of the mind. For the mind then only keeps holy and spiritual fast when it rejects the food of error and the poison of falsehood.
St. Leo the Great