

Esau's Pottage

Makes 4 to 6 servings

1½ cups dried red lentils, rinsed and sorted

5 cups water, divided

2 tablespoons olive oil

1½ tablespoons butter

¾ cup white rice

1 medium onion, chopped

2 teaspoons salt

Optional toppings: crispy fried onions, mint leaves, black olives and/or feta cheese

Tossed lettuce salad and/or pita bread (optional)

1. Place lentils in medium saucepan; cover with 3 cups water. Bring to a boil. Reduce heat to medium-low; simmer, covered, 5 minutes. Let stand, covered, 1 hour. Drain and rinse lentils.
2. Meanwhile, heat oil and butter in medium skillet over medium-high heat. Add rice, onion and salt; cook 5 to 7 minutes or until onion is softened and rice is golden brown.
3. Add rice mixture to lentils with remaining 2 cups water; cook, covered, 20 minutes or until mixture is softened, but not mushy. Top as desired. Serve with a tossed salad and pita bread, if desired.

Courtesy: Tasting Party of Bible Foods (October 11, 1978)