

# Herbal Legacy Recipes

## Lentil-Rice Casserole

from *Every Woman's Herbal* by Dr. John R. Christopher

[http://www.christopherpublications.com/Womans\\_herbal.html](http://www.christopherpublications.com/Womans_herbal.html)

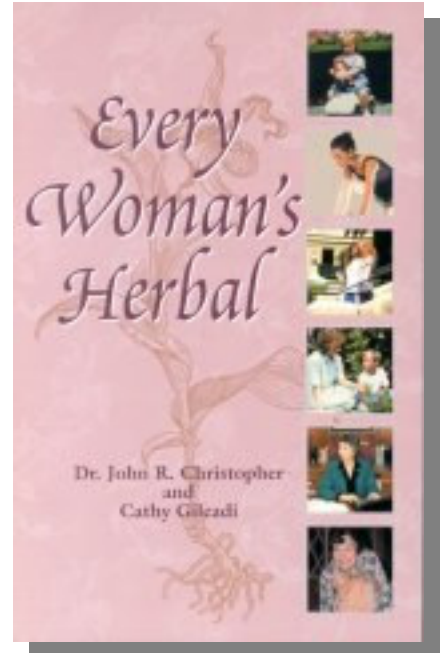
Soak and low-heat:

- 2 cups lentils
- 2 cups brown rice, long or short grain

When the grain is nearly done, add:

- 2 cups cut carrots, cooked
- 2 cloves raw garlic large onion, sauteed (optional) bay leaf
- 1/4 cup blackstrap molasses
- 2 tablespoons (or more, to taste) apple cider vinegar
- 2 teaspoons sea salt

Low-heat for a couple of hours. Makes enough for a large family, or for two hearty meals.



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