



Nema's favorite Rice and Lentils
(Dal Bhat)

Chop one whole onion, 6 garlic cloves and a tomato fine

Sauté with a little olive oil

Throw in a cup of brown lentils

Stir a few times

Cover with water two times the amount of lentils.

Let simmer until lentils are soft, you may need to add more water.

Salt and cumin to taste

Make some brown rice and eat it together.

Yum!!