

Easy Spinach and Lentil Bowls

Makes 4 servings.

- 2 tablespoons extra-virgin olive oil
 - About 1 cup of chopped onions
 - 5 cloves of garlic, minced
 - 1 tablespoon ground cumin
 - $\frac{3}{4}$ teaspoon salt
 - 2 bay leaves
 - $\frac{1}{4}$ teaspoon black pepper
 - $\frac{1}{4}$ teaspoon crushed red pepper flakes (or more if you like it spicier)
 - $\frac{3}{4}$ cup uncooked brown rice, wild rice, or farro
 - 3 $\frac{3}{4}$ cups low-sodium vegetable broth
 - $\frac{3}{4}$ cup uncooked brown or green lentils
 - 10-ounce package of frozen spinach, thawed and squeezed dry OR about 1 $\frac{1}{2}$ pounds of fresh spinach
 - 1 tablespoon red wine vinegar, white wine vinegar, or lemon juice
 - Optional but delicious garnish options: unsalted chopped almonds, cilantro, and/or scallions
1. In a large pot, heat olive oil over medium heat till shimmering. Add onion and cook about 3 minutes. Add garlic and all the spices, and cook them along with the onions for about a minute. (If things start to stick too much to the pan, add a splash of water as needed.)
 2. Add the rice or farro and stir for one minute until the grains are coated with spices. Add the broth and bring the mixture to a boil. Reduce heat to medium-low, cover the pot, and cook for 20 minutes.
 3. Next, add the lentils, cover the pot again, and cook 15-20 minutes longer (or until the grains and lentils are soft).
 4. Remove pot from heat and stir in the spinach. Drape a clean towel over the pan to absorb moisture, replace the lid, and let the pot rest away from the heat for about 10 minutes.
 5. If excess liquid remains in the pan, you can drain it off if you like. Stir in vinegar and remove bay leaves. Divide into four bowls and, optionally, garnish with chopped almonds, cilantro, and/or scallions.

