



From *Old Testament Days* by Nancy I. Sanders

### Lentil Stew

¾ cup lentils	1 Cup grated cheddar cheese
¼ cup brown rice	Salt to taste
3 ½ cups water	Whole wheat tortillas

Place lentils in strainer and rinse. Combine lentils, rice and  
Water in a large medium saucepan. Bring to a boil. Cover  
And simmer 40 minutes or until water is absorbed. Stir in  
Cheese and salt.  
Scoop up stew in 2-inch pieces of tortilla to eat.

