

Tomato Baked Lentils with Freekeh

Tomato Baked Lentils are excellent as a side dish or as a main. Serve with [Freekeh](#) for a delicious, nutritious high fiber and high protein meal that you can enjoy hot or cold.

Tomato Baked Lentils

- 2 c green lentils, rinsed and picked over to remove any foreign bits
- 1 28 oz can whole tomatoes, with the juices, roughly chopped
- 2-3 onions, chopped
- 2 large cloves garlic, minced
- 1 bunch flat leafed parsley, leaves and stems roughly chopped
- 1/4 c sun-dried tomatoes, chopped
- 3 T tomato paste
- 1/4 c olive oil, or oil from sun-dried tomato jar
- 2 c water
- 2 t kosher salt
- 1/2 t freshly ground black pepper
- 2 bay leaves

Preheat oven to 350F. Combine all ingredients in a large casserole dish. Cover and cook for 90 minutes or until softened. Freezes well. Eat right away or refrigerate overnight to allow the flavours to blend. Serves 8-10.

Freekeh

- 1 c [Freekeh](#) (cracked greenwheat, a low gluten grain)
- 2 1/2 c water
- 1/2 t sea salt
- 2 t unsalted butter or olive oil (optional)

Bring to a boil and simmer for 20 minutes. Let stand 5 minutes. Serves 4.

Jittery Cook

