

## Quick and Easy Lentils and Beans



Makes Approx. 4-5 Servings

### Ingredients

1 tbsp olive oil  
1 large diced onion  
2 stalks of celery sliced  
1 cup shredded carrot  
2 cups cooked white kidney beans  
2 cups cooked lentils  
2 cups diced tomatoes (canned or fresh)  
½ diced red pepper  
½ diced yellow pepper  
1 tsp dried thyme  
Pepper to taste  
Shredded cheddar or mozzarella cheese to taste (optional)  
\* To make 2 cups of cooked lentils you will need approx 1 cup of dry lentils. Or use canned lentils.



### Directions

In a large pot cook the onion, celery and carrot in olive oil on medium heat until onions are soft.

Add beans, lentils, tomatoes, red peppers, yellow peppers, thyme and pepper.

Mix together and cook for several minutes until well heated.

Sprinkle with grated cheese if desired. Serve with salad and fresh crusty bread.

*Recipe adapted from Anne Lindsay's Speedy Lentil and Bean Casserole in Lighthearted Everyday Cooking.*

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