
What Geeks Eat...

Kushari

1 cup basmati rice, rinsed and steamed
1 cup brown lentils, rinsed and cooked until tender
1 cup pasta, cooked and rinsed
1 can chickpeas
1 28 oz. can of crushed tomatoes
3 cloves garlic
1 teaspoon cumin
4 onions, peeled and sliced
canola oil
salt

Heat a heavy skillet over medium to medium-high heat. Once it's hot add 2 tablespoons canola oil and dump the sliced onions into the pan. Lightly salt the onions and allow them to brown before stirring. You want the onions to be a sweet, almost crunchy brown fried onion when they're done.

Combine the steamed rice and the cooked lentils in a large bowl. Stir and fluff until the lentils are evenly distributed.

Heat the chickpeas either in the microwave or in a small saucepan on a burner.

Throw the garlic cloves, tomatoes, and cumin into a blender and process until smooth. Transfer to a sauce pan and cook over medium heat until heated through.

Note, to cook the lentils put them in a pan with water covering them and bring them to a boil and then lower the heat to a simmer or a low boil. Check often to make sure there is enough water in the pan. They're done when they are tender to the bite.

Once the pasta is cooked, drained, and rinsed you can assemble a bowl of kushari. It's a big scoop of the rice and lentil mix, a small scoop of pasta, a smaller scoop of chickpeas, a dose of sauce, and a pile of fried onions. That's it. Make it once, love it forever.