

Thermos Flask Lunch

1/4 cup red lentils
1/4 cup Basmati rice
1 - 1 1/2 cup fresh Zucchini and/or Yellow Squash, (can add small amounts of asparagus or carrots)
1 teaspoon Ghee or Olive Oil
2 cups Water
1/4 tsp Fennel seeds
1/4 tsp Cumin seeds
1/4 tsp Ground coriander
1/4 tsp Turmeric
2 pinches Salt

Rinse the lentils and rice and put in water and bring to a boil. Briefly, about 20 seconds, saute the spices in ghee or olive oil. Add the chopped vegetables and saute for 1 minute. Add the vegetables and spices to the lentils and rice and simmer for 5 minutes. While still boiling, pour the mixture into a one-quart thermos. Close the thermos quickly and leave closed for about four hours.

Notes:

- You may need to experiment with cooking times depending on your thermo's ability to retain heat.
- Heavier vegetables like carrots and beets need one to two more minutes of cooking with the rice and beans.
- You may substitute yellow mung dahl for red lentils.
- Do not overheat ghee when frying spices; it should not be smoking hot; begin with whole spices and fry only to light brown or seeds start to pop; then add ground spices for a few seconds only.

Eat and Enjoy!