



THE SWITCH IS ON

Signature Recipe

DEHYDRATED LENTILS AND RICE

(VEGAN + TRAIL-TESTED)

INGREDIENTS

1 cup whole green lentils

1 medium yellow onion diced small and uniformly

¼ cup tomato paste

1 tablespoon cumin

2 teaspoons salt - more to taste

2 teaspoons black pepper

1 teaspoon smoked paprika

1 tablespoon oregano

2 teaspoons garlic powder

2 tablespoons water



INSTRUCTIONS

- Saute onions in water (not oil!) on medium heat until slightly brown for 5-10 minutes.
- Add all the spices.
- Add tomato paste and cook for 3-5 minutes.
- Add 3 cups of water (or whatever the package says), and bring to a boil.
- Cover, reduce to a simmer, and cook until lentils are done.



DEHYDRATION INSTRUCTIONS

- Spread the cooked rice and cooked lentils out on the trays.
- Set the machine to the vegetable setting and dehydrate for 8 hours or until completely dry.

REHYDRATION INSTRUCTIONS

- Place the dried lentils and rice in a food-safe container.
- Add enough boiling water to cover the food, plus an inch above. Stir and seal the container.
- After 5 minutes, stir, then seal again and wait another 5 minutes.
- Test the food for doneness and enjoy!

Note: Rehydration times increase a few minutes with every 5,000 ft of elevation.



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