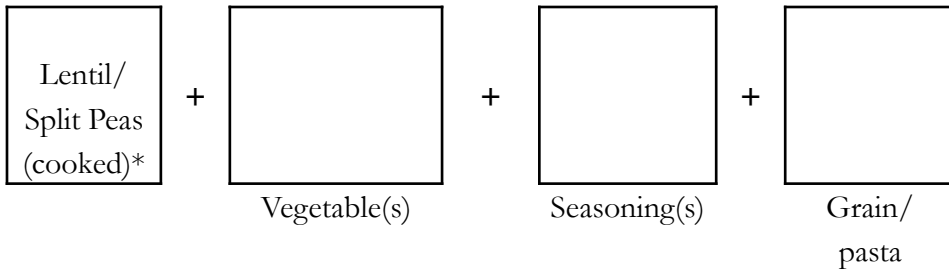


Lentil/ Split Pea Recipe Framework



Ideas

canned	garlic	
tomatoes	olive oil	quinoa,
fresh tomatoes	broth	millet, rice,
green onions	salt	cous cous
frozen/canned	pepper	
corn*	ginger	
frozen peas*	cumin	
frozen	curry	
broccoli*	basil	
frozen		
spinach*		
raisins		

*run under hot
water in
colander for
several minutes

Lentil/ Dried peas	Conventional Method (Pot over stove) Approx. Cooking Time (2 cups dry)	Rice Cooker Method (2 rice cooker cups*)
Lentils	15 – 20 min	45 minutes
Green split peas	50 – 60 min	30 minutes
Yellow split peas	30 – 45 min	30 minutes

*Cup provided with Rice Cooker (about ¾ measuring cup)