Recipe Source	Oil	Onions	Lentils	Rice	Spices	Other?
Olive Trees and Honey	1/4 cup	2 large	1 cup	1 cup		
Syria var	1/4 cup	2 large	1 cup	1 cup	1/4 t allspice	
Egypt var	1/4 cup	2 large	1 cup	1 cup		2 cups cooked small/broken pasta; tomato sauce
Vegetarian cooking for everyone	6 tablespoons	1 large	1 1/4 cup	3/4 cup		
Aromas of Aleppo	1/2 cup	2 cups, 3-4	3/4 cup	1 cup		
Cooking of the Eastern Mediterranean	6 T oil:ghee 50:50	5 medium	1 cup	2 cups bulgur	Aleppo pepper	Tomato paste; pepper paste
Middle Eastern Vegetarian Cookbook	4 tablespoons	5 size not specified	1 1/4 cup	1/2 cup bulgur	Cumin, coriander, '7 spice seasoning'	
Book of Middle Eastern Food: Mujadra bel Burghul	1/2 cup	2 large	1 cup	1 1/4 cup bulgur	Allspice, chili pepper	tomato paste
Book of Middle Eastern Food: Megadarra	1/2 cup	3 large/1 1/2 pounds	1 1/4 cup	1 1/4 cup		
The Versatile Grain And The Elegant Bean	Oil unspecified; 6 T butter	3 large sweet plus 1 medium regular	1 cup	1 1/2 cups	Garlic	Soaking 3 sweet onions in milk, dredge in flour/salt/pepper/fry in excess oil and drain and keep warm until rest is ready; top over main mixture; plus chopping 1 onion, cooking in butter until translucent, then moving on to rice and lentils
Time Life Good Cook Dried Beans and Grains	2 tablespoons	2 large	1 cup	1 cup		
Zahav	About 2 teaspoons plus 1 tablespoon	One prepped caramelized; 1/2 onion	1 cup	2 cps	Baharat'; cinnamon; ginger; garlic; cilantro; Baharat is a mix of cinnamon, allspice, nutmeg, cloves, cardamom, coriander, cumin	Separately prepares vast quantity of caramelized onions and uses a tiny bit in final recipe; Cooks lentils with 1/2 onion that gets discarded along with most of the spices