

Coconut Curry Lentils

Ingredients:

1 TBSP Coconut Oil

1 cup yellow onion, diced

3 cloves garlic, minced

1 tsp salt

2 cups red lentils

2 15 oz cans coconut milk (*or substitute one can for diced or crushed tomatoes to make it a little less rich*)

4-6 cups water (enough to cover all ingredients)

1 to 1 ½ cup carrots, peeled & diced

1 to 1 ½ cup celery, diced (or substitute red bell pepper)

2 - 3 cups sweet potato, peeled & diced

1 TBSP fresh ginger, minced or grated

2 TBSP curry powder

½ tsp black pepper

Optional ½ tsp cayenne to taste

Optional cilantro garnish

Instructions

1. Saute onion in coconut oil over medium heat until soft for about 4 minutes. Add the garlic and salt and cook for another minute.
2. Add the remaining ingredients. Stir well and bring to a boil.
3. Reduce heat to a simmer, cover and cook for 30-45 minutes stirring occasionally until the lentils are cooked through and creamy. Add more salt and pepper to taste.

The story behind this recipe. My friend, Gina, made this recipe over a decade ago for a Progressive Party. I simply could not wait to make it again....and again...and again. I do vary it with different vegetables I have on hand. I often add a handful of spinach when I am warming it up for lunch.

