

Coconut Lentil Curry

Serves 4

2 cups green or brown lentils (dry)
8 cups water
1 TBSP olive oil
2 onions, peeled and sliced
4–6 cloves garlic, minced
2 inches ginger, peeled and minced
4 oz mushrooms, sliced or quartered
2 cans (15 oz) crushed tomatoes
1 cup coconut milk
Zest and juice from 2 limes
2 TBSP curry powder or yellow curry paste
2 oz sweet Thai chili sauce or honey
4 cups baby spinach
6 oz grape tomatoes, halved
Kosher salt
½ bunch cilantro, chopped

In medium saucepan, bring 4 cups of water to a boil. Add lentils. Lower heat to a simmer and cook until lentils are just tender (about 10 minutes). Alternatively, you can buy canned, cooked lentils and skip this step.

In a large pot or Dutch oven, heat 1 TBSP olive oil over medium-high heat. Cook onions until soft. Add garlic and ginger and cook until fragrant. Add mushrooms and cook until liquid has evaporated. Add crushed tomatoes, coconut milk, lime juice, curry powder and chili sauce. Cook until slightly thickened. Stir in cooked lentils, spinach, and tomatoes and cook until wilted and warmed through. Season to taste with salt. Stir in lime zest. Garnish with chopped cilantro.

Nutrition Information per Serving Calories 621.8; Fat 20.7 g; Saturated Fat 10.4 g; Sodium 625.7 mg; Fiber 23.1 g; Sugars 25.5 g; Added Sugars 0 g; Protein 27.7 g