

Red Lentil Coconut Curry

Source: Heather Wolfe, MPH, RDN, LD, CHC

I like this dish pulsed just a few times in the food processor so there is still some texture to it. Serving it over brown rice makes it a meal.

Serves: 6 servings



Ingredients

- 3 tablespoons vegetable oil, divided
- 2 medium onions, chopped (approximately 2 cups)
- 3 cups water (increase to 4 cups water if you prefer a thinner consistency- soup vs. stew)
- 1 cup red lentils, sorted and rinsed (*see Hints below*)
- 3 medium carrots, peeled and roughly chopped (approximately 1 cup)
- 2 cups green beans (fresh or frozen)
- 2 cup cauliflower (fresh or frozen)
- 1 can (14-ounce) coconut milk (regular or lite, per preference)
- 1 teaspoon salt
- 1 bay leaf
- 3 cloves garlic, minced
- 1-inch piece fresh ginger, minced
- 1 tablespoon curry powder
- ½ cup chopped cilantro (additional for garnish if desired)
- ½ cup cashews

Instructions

1. Heat 2 tablespoons oil in a Dutch oven or heavy bottom saucepan over medium heat. Add onions, stirring often until starting to brown (approximately 10 minutes).
2. Add water, lentils, carrots, green beans, cauliflower, potato (if using), coconut milk, salt and bay leaf. Stir to combine.
3. Bring to a boil and then reduce heat, partially cover and simmer for 20 minutes.
4. While that is simmering, heat the remaining tablespoon of oil over medium heat in a small skillet or saucepan. Add garlic, ginger, curry and cilantro. Cook for 2 minutes, stirring often. Add this to the simmering pot.
5. Once the curry has finished cooking, remove bay leaf.
6. Enjoy chunky as is, or puree to desired consistency using a food processor or blender. (Note: to safely blend a hot soup, blend in batches, only filling halfway, remove the center insert of the lid and hold a kitchen towel over the top).
7. Garnish with cashews and additional cilantro if desired.

Nutrition (*per serving using regular coconut milk*): 335 Calories, 23g Total Fat, 11g Saturated Fat, 34g Carbohydrate, 8.5g Protein, 7g Fiber, 435 mg Sodium

Heather's Healthy Hints:

- ✓ It is good practice to sort and rinse lentils them prior to cooking. This is because the occasional small stone or part of the lentil pod will be mixed in. A quick way to sort is to spread the lentils onto a rimmed baking sheet and shake side to side so they are in a single layer. Look over and remove anything that doesn't look like a lentil. Put the sorted lentils into a fine mesh sieve and rinse under running water. Now they are ready for use!
- ✓ Curry powder is a spice blend which typically includes cumin, coriander, turmeric, red pepper flakes, mustard seeds and ginger. Feel free to customize your own homemade blend!